



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aquatics Schedule

YMCA of Topeka 3635 SW Chelsea Dr Topeka, KS 66614 785-271-7979

	MON	TUE	WED	THU	FRI	SAT	
6:00 AM	On Demand Aqua	On Demand Aqua	On Demand Aqua	On Demand Aqua	On Demand Aqua		
	6:00-6:45 Video Led	6:00-6:45 Video Led	6:00-6:45 Video Led	6:00-6:45 Video Led	6:00-6:45 Video Led		
7:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
8:00 AM		HIIT		Power Surge		HIIT	
		8:00-8:45 Lisa Shallow		8:00-8:45 Lisa Shallow		8:00-8:45 Lisa Shallow	
9:00 AM	Aqua Fit	Aqua Aerobics	Aqua Fit	Aqua Aerobics	Aqua Fit	Mindful Zen	
	9:00-9:45 Teri N Shallow	9:00-9:45 Susan Shallow	9:00-9:45 Teri N Shallow	9:00-9:45 Susan Shallow	9:00-9:45 Teri N Shallow	9:00-9:30 Lisa Shallow	
10:00 AM	H2O Flow	Aqua Aerobics	H2O Flow	Aqua Aerobics	H2O Flow	Swimming Lessons	
	10:00-10:45 Teri N Deep	9:45-10:30 Susan Deep	10:00-10:45 Teri N Deep	9:45-10:30 Susan Deep	10:00-10:45 Teri N Deep	10:00-11:30	
		Aqua Zumba		Aqua Zumba			
		10:30-11:15 Evelyn Shallow		10:30-11:15 Evelyn Shallow			
11:00 AM	Aqua Fit Flow	Move It & Lose It	Energy Explosion	Move It & Lose It	Aqua Fit Flow	Open Swim	
	11:00-11:45 Lisa Shallow	11:30-12:15 Julie Shallow	11:00-11:45 Lisa Shallow	11:30-12:15 Julie Shallow	11:00-11:45 Connie Shallow		
12:00 PM	Open Swim	Aqua Zen	Open Swim	Aqua Zen	Open Swim	Private Parties	
		12:25-12:55 Lisa Shallow					12:25-12:55 Lisa Shallow
1:00 PM							
2:00 PM							
3:00 PM		Open Swim		Open Swim			
4:00 PM							
5:00 PM	Swimming Lessons	Power Surge	Swimming Lessons	Aqua HIIT			
		5:30-6:15 Lisa Shallow		5:30-6:15 Lisa Shallow			
6:00 PM	5:00-6:35 Shallow/Deep	Open Swim	5:00-6:35 Shallow/Deep	Open Swim			
7:00 PM	Run Strong		Run Strong				
	7:00-7:45 Lisa Deep		7:00-7:45 Lisa Deep				
8:00 PM	Open Swim (Shallow)		Open Swim (Shallow)				
Pool Closes at 8:30							
Lap Lane Availability							
	6:00-10:00 4 lanes 10:00-11:00 1 lane 11:00-5:30 4 lanes 5:30-7:00 2 lanes	6:00-9:45 4 lanes 9:45-10:30 1 lane 10:30-8:30 4 lanes	6:00-10:00 4 lanes 10:00-11:00 1 lane 11:00-5:30 4 lanes 5:30-7:00 2 lanes	6:00-9:45 4 lanes 9:45-10:30 1 lane 10:30-8:30 4 lanes	6:00-9:45 4 lanes 9:45-11:00 1 lane 11:00-8:30 4 lanes	7:00-2:00 4 lanes	
	MON	TUE	WED	THU	FRI	SAT	