



# MONETT AREA YMCA AQUATIC SCHEDULE

UPDATED: August 28th, 2023

Hour	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Hour
5-6a	CLOSED						CLOSED	5-6a
6-7a		Lap	Lap	Lap	Lap	Lap		6-7a
7-8a							Lap Water Walking	7-8a
8-9a		Lap Water Workout* (8:15-9:15)	Lap Water Walking	Lap Water Workout* (8:15-9:15)	Lap Water Walking	Lap Water Workout* (8:15-9:15)		8-9a
9-10a		Lap Water Walking	Lap Champion Athletes (9:30-10:30)	Lap Water Walking 9:15a	Lap Water Walking	Lap Water Walking 9:15a	Lap Lessons Swim Team	9-10a
10-11a		Lap Family	Lap Family 10:30-11:30a	Lap Family	Lap Family	Lap Family		10-11a
11-12p		Lap Water Walking Senior Splash*	Lap Water Walking 11:30-12p Aqua Zumba*	Lap Water Walking Senior Splash*	Lap Water Walking Aqua Zumba*	Lap Water Walking Senior Splash*	Lap Water Walking	11-12p
12-1p		Lap	Lap	Lap	Lap	Lap	Lap Play	12-1p
1-2p	Lap Play  Close 4:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		1-2p
2-3p								2-3p
3-4p								3-4p
4-5p	CLOSED	Play HS Swim Team	Play HS Swim Team	Play HS Swim Team	Lap Play HS Swim Team 3:30-5p	CLOSED	4-5p	
5-6p			Lessons Lap				Lessons Swim Team	5-6p
6-7p		Swim Team Water Workout*	Water Workout* 6-7p	Lap Swim Team			Water Workout* 6-7p	6-7p
7-8p		Lap Swim Team	Lap	Lap Swim Team			Lap Swim Team	7-8p
8-9p		Lap Swim Team	Lap	Lap Swim Team	Lap Swim Team		Lap	8-9p

 = Leisure Pool is open for free use.

\*\*\* High School Swim Team practices M-F until 5pm.

## MONETT AREA YMCA

115 S. Lincoln Ave | (P) 417 235-8213  
Monett, MO 65708 | [orymca.org/monett](http://orymca.org/monett)

Check Facebook, Instagram, [orymca.org](http://orymca.org), or call 417-235-8213

\* = Denotes instructor-led class

**Lap** = Lap swimming/open water aerobic exercise

**Family** = Leisure and Splash Pad open

**Play** = Diving Area, Slides and Splash Pad are open

**Water Walking** = Water current in leisure is on to provide resistance

**Aqua Zumba\*** = Music based dance workout

**Senior Splash\*** = Deep water aerobic exercise

**Water Workout\* Afternoon** = Whole pool aerobic exercise

**Water Workout\* Morning** = Water walking in leisure pool

