



Aquatics Facility @ Denny Price Family YMCA of  
Enid, Oklahoma, Inc.  
June 6th - August 10th

415 West Cherokee Avenue  
Enid, OK 73701  
(580) 237-4645

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Lap / Water Walking 6am - 8:45am	Lap / Water Walking 6am - 8:45am	Lap / Water Walking 6am - 8:45am	Lap / Water Walking 6am - 8:45am	Lap / Water Walking 6am - 8:45am		
8am	Aqua Cardio 8:50am - 9:50am	Lap / Water Walking 8:50am - 9:50am	Aqua Cardio 8:50am - 9:50am	Aqua Cardio 8:50am - 9:50am	Lap / Water Walking 8:50am - 9:50am		
9am	Swim Lessons 9:50am - 12:05pm	Swim Lessons 9:50am - 12:05pm	Swim Lessons 9:50am - 12:05pm	Swim Lessons 9:50am - 12:05pm			
10am					Lap / Water Walking 10am - 12pm		
11am						Lap / Water Walking 11:45am - 5:30pm	
						Zero Entry / Slide Pool Open 11:45am - 5:30pm	
12pm	Lap / Water Walking 12:05pm - 12:55pm	Lap / Water Walking 12:05pm - 12:55pm	Lap / Water Walking 12:05pm - 12:55pm	Lap / Water Walking 12:05pm - 12:55pm	Lap / Water Walking 12:05pm - 12:55pm		
	Aqua Cardio / LAP 12:55pm - 2pm	Lap / Water Walking 12:55pm - 2pm	Aqua Cardio / LAP 12:55pm - 2pm	Lap / Water Walking 12:55pm - 2pm	Aqua Cardio / LAP 12:55pm - 2pm		
1pm	Zero Entry / Slide Pool Open 1pm - 8pm	Zero Entry / Slide Pool Open 1pm - 5:30pm	Zero Entry / Slide Pool Open 1pm - 8pm	Zero Entry / Slide Pool Open 1pm - 5:30pm	Zero Entry / Slide Pool Open 1pm - 9pm		Lap / Water Walking 1pm - 4:30pm
							Zero Entry / Slide Pool Open 1pm - 4:30pm
2pm	Swim Team Practice 2pm - 3:30pm	Swim Team Practice 2pm - 3:30pm	Swim Team Practice 2pm - 3:30pm	Swim Team Practice 2pm - 3:30pm	Lap / Water Walking 2pm - 3:30pm		
3pm	Lap / Water Walking 3:30pm - 5:30pm	Lap / Water Walking 3:30pm - 5:30pm	Lap / Water Walking 3:30pm - 5:30pm	Lap / Water Walking 3:30pm - 5:30pm	Lap / Water Walking 3:30pm - 5:30pm		
5pm		Swim Lessons 5:30pm - 8pm		Swim Lessons 5:30pm - 8pm	Aqua Cardio / LAP 5:30pm - 6:30pm		
6pm	Aqua Cardio / LAP 6pm - 7pm		Silver Sneakers® Splash / LAP 6pm - 7pm				
7pm	Lap / Water Walking 7pm - 9:30pm		Lap / Water Walking 7pm - 9:30pm		Lap / Water Walking 7pm - 9pm		
8pm		Lap / Water Walking 8pm - 9:30pm		Lap / Water Walking 8pm - 9:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions  
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**Aqua Cardio** - Water provides the most balanced environment for exercise; it is three-dimensional! The fluid resistance allows flexibility, toning, and muscular strength while challenging the cardiovascular system. Exercise at your own pace.

**Aqua Cardio / LAP** - Aqua-Cardio & Lap Swim in lap pool.

**Lap / Water Walking** - Lap pool is open for Lap swimming and Water Walking

**Silver Sneakers® Splash / LAP** - Fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability required. A kickboard or other equipment is used to improve strength, balance and coordination.

**Swim Lessons** - All pools reserved for Swim Lessons

**Swim Team Practice** - Lap pool is reserved for Swim Team practice during this time.

**Zero Entry / Slide Pool Open** - The Zero Entry and Slide Pools are open for swim