



Aquatics Facility @ Denny Price Family YMCA of
Enid, Oklahoma, Inc.
 August 6th - May 24th

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

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

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

Open - Lap - Water Walking - The pool is open for Open Swim, Lap Swim & Water Walking in Lap Pool

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