



Aquatics Facility @ Denny Price Family YMCA of  
Enid, Oklahoma, Inc.  
October 1st - February 7th

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

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

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