



**Aquatics Facility @ Denny Price Family YMCA of**  
**Enid, Oklahoma, Inc.**  
 August 10th - October 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6am</b>	Lap / Water Walking 6am - 10am	Closed-Cleaning 6am - 12pm	Lap / Water Walking 6am - 10am	Closed-Cleaning 6am - 12pm	Lap / Water Walking 6am - 10am		
<b>9am</b>			Aqua Cardio 9am - 10am		Aqua Cardio 9am - 10am		
<b>10am</b>	Closed-Cleaning 10am - 12pm		Closed-Cleaning 10am - 12pm		Closed-Cleaning 10am - 12pm		
<b>12pm</b>	Lap / Water Walking 12pm - 2:30pm	Lap / Water Walking 12pm - 2:30pm	Lap / Water Walking 12pm - 2:30pm	Lap / Water Walking 12pm - 2:30pm	Lap / Water Walking 12pm - 2:30pm	Open - Lap - Water Walking 12pm - 3:30pm	
						Zero Entry / Slide Pool Open 12pm - 3:30pm	
<b>1pm</b>							Zero Entry / Slide Pool Open 1pm - 4:30pm
							Open - Lap - Water Walking 1pm - 4:30pm
<b>2pm</b>	Swim Team Practice 2:30pm - 6:30pm	Swim Team Practice 2:30pm - 6:30pm	Swim Team Practice 2:30pm - 6:30pm	Swim Team Practice 2:30pm - 6:30pm	Swim Team Practice 2:30pm - 5pm		
<b>4pm</b>	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 - 8pm		
<b>5pm</b>	Lap / Water Walking 5:30pm - 8pm	Swim Lessons 5:30pm - 8pm	Lap / Water Walking 5:30pm - 8pm	Swim Lessons 5:30pm - 8pm	Lap / Water Walking 5pm - 8pm		
<b>6pm</b>	Aqua Cardio 6pm - 7pm	Lap / Water Walking 6:30pm - 8pm	Aqua Cardio 6pm - 7pm	Lap / Water Walking 6:30pm - 8pm			

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.

**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

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

**Swim Team Practice** - Lap pool is reserved for Swim Team practice during this time. Two lanes are available during morning Swim Team Practice.

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