



Aquatics Facility @ Denny Price Family YMCA of
Enid, Oklahoma, Inc.
 November 13th - January 4th

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

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------|--|--|--|--|--|--|---|
| 6am | Lap / Water Walking 6am - 10am | Closed-Cleaning 6am - 12pm | Lap / Water Walking 6am - 10am | Closed-Cleaning 6am - 12pm | Lap / Water Walking 6am - 10am | | |
| 9am | | | Aqua Cardio 9am - 10am | | Aqua Cardio 9am - 10am | | |
| 10am | Closed-Cleaning 10am - 12pm | | Closed-Cleaning 10am - 12pm | | Closed-Cleaning 10am - 12pm | | |
| 12pm | 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 | |
| 1pm | | | | | | | Zero Entry / Slide Pool Open 1pm - 4:30pm |
| | | | | | | | Open - Lap - Water Walking 1pm - 4:30pm |
| 2pm | 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 | | | |
| 4pm | Zero Entry / Slide Pool Open 4pm - 8pm | Zero Entry / Slide Pool Open 4pm - 8pm | Zero Entry / Slide Pool Open 4pm - 8pm | Zero Entry / Slide Pool Open 4pm - 8pm | Zero Entry / Slide Pool Open 4pm - 8pm | | |
| 5pm | Lap / Water Walking 5:30pm - 8pm | | Lap / Water Walking 5:30pm - 8pm | | | | |
| 6pm | 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.