



Aquatics Facility @ Denny Price Family YMCA of
Enid, Oklahoma, Inc.
 August 1st - December 31st

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		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	Zero Entry (Walk-in) / Slide Pool Open 12pm - 3:30pm	
						Open - Lap - Water Walking 12pm - 3:30pm	
1pm							Zero Entry (Walk-in) / 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	Swim Team Practice 2:30pm - 5pm		
4pm	Zero Entry (Walk-in) / Slide Pool Open 4pm - 8pm	Zero Entry (Walk-in) / Slide Pool Open 4pm - 5:30pm	Zero Entry (Walk-in) / Slide Pool Open 4pm - 8pm	Zero Entry (Walk-in) / Slide Pool Open 4pm - 5:30pm	Zero Entry (Walk-in) / Slide Pool Open 4pm - 8pm		
5pm	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		
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.



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 (Walk-in) / Slide Pool Open - The Zero Entry or Walk-in pool and Slide Pool are open for swim.