



Clark County Family YMCA | June 30th - July 6th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|---|-----------------------------------|
| Lap Swim Pool Lap | 5:00AM-8:30PM (Lap Swim) N/A | | | 5:00AM-8:30PM (Lap Swim) | 5:00AM-7:30PM (Lap Swim) | 7:00AM-4:00PM (Lap Swim) 11:30AM-4:30PM (Lap Swim) | 1:15PM-3:30PM (Lap Swim) |
| Open Gym Basketball Court A | 5:00AM-6:30AM (Gym) N/A 7:30AM-8:00AM (Gym) N/A | 5:00AM-11:00AM (Gym) N/A 4:00PM-5:30PM (Gym) | 5:00AM-8:00AM (Gym) N/A 1:00PM-5:30PM (Gym) | 5:00AM-11:00AM (Gym) 4:00PM-5:30PM (Gym) | 5:00AM-8:00AM (Gym) 1:00PM-8:00PM (Gym) | 7:00AM-9:00AM (Gym) 1:30PM-5:00PM (Gym) | 12:00PM-4:00PM (Gym) |
| Open Gym Auditorium A | 5:00AM-8:00AM (Gym) N/A 1:00PM-5:30PM (Gym) N/A | 5:00AM-11:00AM (Gym) N/A 4:00PM-5:30PM (Gym) | 5:00AM-8:00AM (Gym) 1:00PM-5:30PM (Gym) | 5:00AM-12:00PM (Gym) 4:00PM-5:30PM (Gym) | 5:00AM-8:00AM (Gym) 1:00PM-8:00PM (Gym) | 7:00AM-9:00AM (Gym) 1:30PM-5:00PM (Gym) | 12:00PM-4:00PM (Gym) |
| Open Gym Basketball Court B | 5:00AM-8:00AM (Gym) N/A | 5:00AM-7:30PM (Gym) N/A | 5:00AM-8:00AM (Gym) 1:00PM-7:30PM (Gym) | 5:00AM-7:30PM (Gym) | 5:00AM-8:00AM (Gym) 1:00PM-8:00PM (Gym) | 7:00AM-5:00PM (Gym) | 12:00PM-4:00PM (Gym) |
| Open Swim Pool Rec | 5:00AM-9:55AM (Pool Schedule) 12:25PM-4:30PM (Pool Schedule) 7:00PM-8:30PM (Pool Schedule) | 5:00AM-9:00AM (Pool Schedule) 12:25PM-5:15PM (Pool Schedule) 7:30PM-8:30PM (Pool Schedule) | 5:00AM-9:00AM (Pool Schedule) 12:25PM-4:30PM (Pool Schedule) | 5:00AM-9:00AM (Pool Schedule) 12:25PM-5:15PM (Pool Schedule) 7:30PM-8:30PM (Pool Schedule) | 5:00AM-10:30AM (Pool Schedule) 11:15AM-7:30PM (Pool Schedule) | 7:00AM-8:15AM (Pool Schedule) 11:30AM-4:30PM (Pool Schedule) | 12:00PM-3:30PM (Pool Schedule) |
| HIIT/Bootcamp C | 5:30AM-6:15AM (Cardio & Strength) <i>Sherri C.</i> | 6:00PM-6:45PM (Cardio & Strength) <i>Sherri C.</i> | | 6:00PM-6:45PM (Cardio & Strength) <i>Sherri C.</i> | | | |
| Adult Pickleball Basketball Court A | 8:00AM-1:00PM (Adult Sports) N/A | 11:00AM-4:00PM (Adult Sports) N/A | 8:00AM-1:00PM (Adult Sports) | 11:00AM-4:00PM (Adult Sports) | 8:00AM-1:00PM (Adult Sports) | | |
| Adult Pickleball Basketball Court B | 8:00AM-1:00PM (Adult Sports) N/A | | 8:00AM-1:00PM (Adult Sports) | | 8:00AM-1:00PM (Adult Sports) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|---|------------------------------|
| Lap Swim Limited Lanes Pool Lap | 9:30AM-10:30AM (Lap Swim) 12:00PM-1:00PM (Lap Swim) 4:00PM-8:30PM (Lap Swim) | 5:00AM-8:30PM (Lap Swim) 4:00PM-8:30PM (Lap Swim) | 5:00AM-8:30PM (Lap Swim) 12:00PM-1:00PM (Lap Swim) 4:00PM-8:30PM (Lap Swim) | 4:00PM-8:30PM (Lap Swim) | 9:30AM-10:30AM (Lap Swim) 12:00PM-1:00PM (Lap Swim) 4:00PM-7:30PM (Lap Swim) | 8:00AM-11:30AM (Lap Swim) | 12:00PM-1:15PM (Lap Swim) |
| Deep H2O Pool Lap | 9:30AM-10:15AM (Water Fitness) <i>Julie P.</i> | | | | | | |
| Zumba® Gold Dance Fitness C | 9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i> | | | | | | |
| Swim Lessons Pool Lap | 10:00AM-12:20PM (Swim Lessons) | 10:00AM-12:25PM (Swim Lessons) 4:30PM-7:45PM (Swim Lessons) | 10:00AM-12:20PM (Swim Lessons) 4:30PM-7:00PM (Swim Lessons) | 10:00AM-12:20PM (Swim Lessons) 4:30PM-7:45PM (Swim Lessons) | | 8:15AM-11:30AM (Swim Lessons) 1:30PM-4:00PM (Swim Lessons) | |
| Swim Lessons Pool Rec | 10:00AM-12:20PM (Swim Lessons) 4:30PM-7:00PM (Swim Lessons) | 10:00AM-12:20PM (Swim Lessons) 5:15PM-7:30PM (Swim Lessons) | 10:00AM-12:25PM (Swim Lessons) 4:30PM-7:00PM (Swim Lessons) | 10:00AM-12:20PM (Swim Lessons) 5:15PM-7:30PM (Swim Lessons) | | 8:15AM-11:30AM (Swim Lessons) 1:30PM-4:00PM (Swim Lessons) | |
| Arthritis Class Pool Rec | 10:30AM-11:15AM (Water Fitness) <i>Julie P.</i> | | | | | | |
| Glutes & Core C | 11:15AM-12:00PM (Strength) <i>Sherri C.</i> | | | | | | |
| Masters Swim Pool Lap | 12:00PM-1:00PM (Pool Schedule) <i>YMCA S.</i> | 7:45PM-8:45PM (Pool Schedule) | 12:00PM-1:00PM (Pool Schedule) 7:45PM-8:45PM (Pool Schedule) | 7:45PM-8:45PM (Pool Schedule) | 12:00PM-1:00PM (Pool Schedule) | 8:00AM-9:00AM (Pool Schedule) | |
| Safety Around Water (SAW) swim lessons Pool Rec | 1:00PM-2:30PM (Pool Schedule) | 1:00PM-2:30PM (Pool Schedule) | 1:00PM-2:30PM (Pool Schedule) | 1:00PM-2:30PM (Pool Schedule) | | | |
| Safety Around Water (SAW) swim lessons Pool Lap | 1:00PM-2:30PM (Pool Schedule) | 1:00PM-2:30PM (Pool Schedule) | 1:00PM-2:30PM (Pool Schedule) | 1:00PM-2:30PM (Pool Schedule) | | | |
| Tornadoes Swim Team Pool Lap | 4:00PM-7:45PM (Swim Team) | 4:00PM-7:45PM (Swim Team) | 4:00PM-7:45PM (Swim Team) | 4:00PM-7:45PM (Swim Team) | 4:00PM-7:45PM (Swim Team) | 9:00AM-10:30AM (Swim Team) | |
| Shallow Water Aerobics Pool Rec | 5:45PM-6:30PM (Water Fitness) <i>Ariel M.</i> | 9:00AM-9:45AM (Water Fitness) <i>Tressa Y.</i> | 5:45PM-6:30PM (Water Fitness) <i>Keslie J.</i> | 9:00AM-9:45AM (Water Fitness) <i>Tressa Y.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|------------------------------------|---|--------|
| Cycle and Core C | 6:00PM-7:00PM (Cardio) <i>Lindi S.</i> | | | | | | |
| Toddler Time Pool Rec | | 9:00AM-9:55AM (Pool Schedule) | 9:00AM-9:55AM (Pool Schedule) | 9:00AM-9:45AM (Pool Schedule) | 10:30AM-11:15AM (Pool Schedule) | | |
| Flow Yoga C | | 9:30AM-10:15AM (Mind & Body) <i>Katy S.</i> | | | | 9:45AM-10:45AM (Mind & Body) <i>Marsha M.</i> | |
| Gentle Strength & Cardio C | | 10:45AM-11:30AM (Cardio & Strength) <i>Tressa Y.</i> | | 10:45AM-11:30AM (Cardio & Strength) <i>Tressa Y.</i> | | | |
| Open Tai Chi D | | 12:00PM-1:00PM (Mind & Body) <i>N/A</i> | | 12:00PM-1:00PM (Mind & Body) <i>N/A</i> | | | |
| YMCA Programs Basketball Court A | | 5:30PM-7:30PM (Gym) | 7:30PM-9:00PM (Gym) | 5:30PM-7:30PM (Gym) 7:30PM-9:00PM (Gym) | | 9:00AM-1:30PM (Gym) | |
| YMCA Programs Auditorium A | | 5:30PM-7:30PM (Gym) | 7:30PM-9:00PM (Gym) | 7:30PM-9:00PM (Gym) | | 9:00AM-1:30PM (Gym) | |
| Muscle & Hustle-Youth Cardio Cardio Deck | | 6:00PM-6:45PM (Cardio) <i>Keslie J.</i> | | 6:00PM-6:45PM (Cardio) <i>Keslie J.</i> | | | |
| Adult Pickleball Auditorium A | | | 8:00AM-1:00PM (Adult Sports) | 11:00AM-4:00PM (Adult Sports) | 9:00AM-12:00PM (Adult Sports) | | |
| Water Walking Pool Rec | | | 9:00AM-9:45AM (Water Fitness) <i>Julie P.</i> | | | | |
| Zumba® Dance Fitness C | | | 9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i> 5:30PM-6:15PM (Cardio) <i>Melody N.</i> | | | | |
| Water Volleyball Pool Lap | | | 10:00AM-10:45AM (Water Fitness) <i>YMCA S.</i> | | | | |
| Muscle Conditioning C | | | 11:15AM-12:00PM (Cardio & Strength) <i>Sherri C.</i> | | | | |
| Yoga C | | | 6:30PM-7:15PM (Mind & Body) <i>Julie M.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|----------------------------------|--|--------|--|--------|
| YMCA Programs Basketball Court B | | | 7:30PM-9:00PM (Gym) | 7:30PM-9:00PM (Gym) | | | |
| Pool Rental-reservation Pool Lap | | | 7:45PM-8:45PM (Pool Schedule) | | | | |
| Power Yoga C | | | | 9:30AM-10:15AM (Strength) <i>Marsha M.</i> | | | |
| Gentle Yoga D | | | | 10:45AM-11:30AM (Mind & Body) <i>Katy S.</i> | | | |
| BoxMaster Circuit B | | | | 10:45AM-11:30AM (Cardio) <i>Rhiannon A.</i> | | | |
| Wild Card Workout C | | | | | | 8:30AM-9:15AM (Cardio) <i>YMCA S.</i> 8:30PM-9:15AM (Cardio) <i>YMCA S.</i> | |
| Pool Rental-reservation Pool Rec | | | | | | 4:30PM-6:00PM (Pool Schedule) | |



Sherwood Regional Family YMCA | June 30th - July 6th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--------|---|------------------------------|
| Lap Swim Pool | 5:00AM-10:00AM (Lap Swim) N/A 1:00PM-3:00PM (Lap Swim) | 5:00AM-10:00AM (Lap Swim) N/A 11:00AM-3:00PM (Lap Swim) | 5:00AM-10:00AM (Lap Swim) 1:00PM-3:00PM (Lap Swim) | 5:00AM-10:00AM (Lap Swim) N/A 11:00AM-3:00PM (Lap Swim) | | 9:30AM-10:30AM (Lap Swim) 3:00PM-4:30PM (Lap Swim) | 11:00AM-1:00PM (Lap Swim) |
| YMCA Programs Court 1 | 8:30AM-3:30PM (Gym) | 8:30AM-3:30PM (Gym) | 8:30AM-3:30PM (Gym) | 8:30AM-3:30PM (Gym) | | | |
| Pilates Teen Center | 8:45AM-9:35AM (Mind & Body) <i>Alison J.</i> | | 8:45AM-9:35AM (Mind & Body) <i>Alison J.</i> | | | | |
| Swim Lessons Pool | 9:00AM-12:00PM (Swim Lessons) 3:30PM-7:30PM (Swim Lessons) YMCA S. | 9:00AM-12:00PM (Swim Lessons) 3:30PM-7:00PM (Swim Lessons) YMCA S. | 9:00AM-1:00PM (Swim Lessons) 3:30PM-7:30PM (Swim Lessons) YMCA S. | 9:00AM-12:00PM (Swim Lessons) 3:30PM-7:00PM (Swim Lessons) YMCA S. | | 8:30AM-11:00AM (Swim Lessons) YMCA S. | |
| Dance Fitness Teen Center | 9:45AM-10:35AM (Cardio) <i>Lisa B.</i> | | 9:45AM-10:35AM (Cardio) <i>Lisa B.</i> | | | 9:00AM-9:50AM (Cardio) <i>Lindsey C.</i> | |
| Muscle Conditioning Studio 1 | 9:45AM-10:35AM (Cardio & Strength) <i>Alison J.</i> | | 9:45AM-10:35AM (Cardio & Strength) <i>Alison J.</i> 6:00PM-6:50PM (Cardio & Strength) <i>Kelly N.</i> | | | | |
| Move-N-Groove Pool | 10:00AM-10:50AM (Water Fitness) <i>Laurie W.</i> | | 10:00AM-10:50AM (Water Fitness) <i>Colleen T.</i> | | | | |
| YMCA Programs Court 2 | 10:00AM-2:30PM (Gym) | 10:00AM-2:30PM (Gym) | 10:00AM-2:30PM (Gym) | 10:00AM-2:30PM (Gym) | | | |
| Strength and Stability Teen Center | 10:45AM-11:35AM (Strength) <i>Caz T.</i> | | | | | | |
| High School Swim Team Pool | 11:00AM-1:00PM (Swim Team) | | 11:00AM-1:00PM (Swim Team) | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|--|-----------------------------------|
| Lap Swim, 1 Lane Pool | 11:00AM-1:00PM (Lap Swim) 4:30PM-7:00PM (Lap Swim) | | 11:00AM-1:00PM (Lap Swim) 4:30PM-7:00PM (Lap Swim) | | | 8:00AM-9:30AM (Lap Swim) | |
| Toddler Time Pool | 11:00AM-1:00PM (Pool Schedule) | | 11:00AM-1:00PM (Pool Schedule) | | | 8:00AM-9:15AM (Pool Schedule) <i>N/A</i> | 11:00AM-1:00PM (Pool Schedule) |
| Open Swim Pool | 1:00PM-3:00PM (Pool Schedule) <i>N/A</i> | 1:00PM-3:00PM (Pool Schedule) <i>N/A</i> 6:30PM-8:30PM (Pool Schedule) | 1:00PM-3:00PM (Pool Schedule) <i>N/A</i> | 1:00PM-3:00PM (Pool Schedule) <i>N/A</i> 6:30PM-8:30PM (Pool Schedule) | | 1:00PM-4:30PM (Pool Schedule) <i>N/A</i> | 1:30PM-3:30PM (Pool Schedule) |
| Lap Swim, 2 Lanes Pool | 3:00PM-4:30PM (Lap Swim) | 3:00PM-4:45PM (Lap Swim) | 3:00PM-4:30PM (Lap Swim) | 3:00PM-4:45PM (Lap Swim) | | 11:00AM-12:30PM (Lap Swim) | |
| Yoga Teen Center | 6:00PM-6:50PM (Mind & Body) <i>Charley E.</i> | | | 6:00PM-6:50PM (Mind & Body) <i>Charley E.</i> | | | |
| Cycle Cycle | 6:00PM-6:50PM (Cardio) <i>Enrika W.</i> | 8:45AM-9:35AM (Cardio) <i>Sierra B.</i> | | 8:45AM-9:35AM (Cardio) <i>Sierra B.</i> | | 8:30AM-9:20AM (Cardio) <i>Heinrich W.</i> | |
| Family Swim Pool | 6:30PM-8:30PM (Pool Schedule) <i>N/A</i> | | 6:30PM-8:30PM (Pool Schedule) <i>N/A</i> | | | 11:00AM-1:00PM (Pool Schedule) | |
| Lap Swim Limited Lanes Pool | 7:00PM-8:30PM (Lap Swim) | 6:30PM-8:30PM (Lap Swim) | 7:00PM-8:30PM (Lap Swim) | 6:30PM-8:30PM (Lap Swim) | | | |
| Circuit Studio 1 | | 8:40AM-9:30AM (Strength) <i>Shelby C.</i> | | | | | |
| REV+FLOW by REFIT® Teen Center | | 8:45AM-9:35AM (Cardio & Strength) <i>Marcella J.</i> | | 8:45AM-9:35AM (Cardio & Strength) <i>Marcella J.</i> | | 10:00AM-10:50AM (Cardio & Strength) <i>Marcella J.</i> | |
| Pop Up Fitness Class Teen Center | | 9:45AM-10:35AM (Pop Up Fitness) <i>Marcella J.</i> | | | 8:30AM-9:20AM (Pop Up Fitness) <i>Marcella J.</i> | | |
| Shallow Water Aerobics Pool | | 10:00AM-10:50AM (Water Fitness) <i>Laurie W.</i> | | | | | |
| Seniors on Strength Teen Center | | 10:45AM-11:35AM (Strength) <i>Patricia W.</i> | 10:45AM-11:35AM (Strength) <i>Heinrich W.</i> | 10:45AM-11:35AM (Strength) <i>Patricia W.</i> | | | |
| Zumba® Gold Dance Fitness Teen Center | | 11:45AM-12:35PM (Cardio) <i>Mary W.</i> | | 11:45AM-12:35PM (Cardio) <i>Mary W.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------|--------|--|--|---|----------------------------------|------------------------------------|----------------------------------|
| No Lap Swim Pool | | 4:45PM-6:00PM (Lap Swim) | | 4:45PM-6:00PM (Lap Swim) | | 1:00PM-3:00PM (Lap Swim) N/A | |
| Swim Team Pool | | 4:45PM-6:00PM (Swim Team) YMCA S. | | 4:45PM-6:00PM (Swim Team) YMCA S. | | | |
| REFIT® Dance Fitness Teen Center | | 6:00PM-6:50PM (Cardio) Marcella J. | | | | | |
| Cardio Kickboxing Studio 1 | | | 8:45AM-9:35AM (Cardio) Renee B. | | | | |
| Gentle Yoga Teen Center | | | 11:45AM-12:35PM (Mind & Body) Caz T. | | | | |
| Tabata Turn Up Studio 1 | | | | 8:40AM-9:30AM (Cardio) Shelby C. | | | |
| Quarterly Release Teen Center | | | | 9:45AM-10:35AM (Pop Up Fitness) Caz T. | | | |
| Deep H2O Pool | | | | 10:00AM-10:50AM (Water Fitness) Laurie W. | | | |
| Pool Closed Pool | | | | | 5:00AM-9:00PM (Pool Schedule) | | 1:00PM-1:30PM (Pool Schedule) |



Beaverton Family YMCA | June 30th - July 6th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|------------------------|------------------------|--------|
| Open Gym Court 1 | 8:00AM-9:00PM (Gym) | 8:00AM-9:00PM (Gym) | 8:00AM-9:00PM (Gym) | 8:00AM-9:00PM (Gym) | 8:00AM-9:00PM (Gym) | 9:00AM-1:00PM (Gym) | |
| REV+FLOW by REFIT® Fitness Center Yellow Studio | 9:00AM-9:50AM (Cardio & Strength) <i>Megan R.</i> | | | | | | |
| Seniors on Strength Fitness Center Yellow Studio | 10:00AM-10:50AM (Strength) <i>Gavin B.</i> | 10:00AM-10:50AM (Strength) <i>Rachael P.</i> | 10:00AM-10:50AM (Strength) <i>Gavin B.</i> | 10:00AM-10:50AM (Strength) <i>Rachael P.</i> | | | |
| Cardio Strength Fitness Center Yellow Studio | | 9:00AM-9:50AM (Strength) <i>Rachael P.</i> | | 9:00AM-9:50AM (Strength) <i>Rachael P.</i> | | | |
| Open Run Basketball Courts 1&4 | | 11:45AM-1:15PM (Adult Sports) | | 11:45AM-1:15PM (Adult Sports) | | | |
| HIIT/Bootcamp YMCA Main Building Mezzanine | | | 9:00AM-9:50AM (Cardio & Strength) <i>Rachael P.</i> | | | | |