



## Sherwood Regional Family YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool Closed</b> Pool					5:30PM-6:00PM (Pool Schedule)		
<b>Open Swim</b> Pool					6:00PM-7:30PM (Pool Schedule) <i>N/A</i>	12:30PM-2:30PM (Pool Schedule) <i>N/A</i>	
<b>Lap Swim</b> Pool						8:00AM-10:30AM (Lap Swim)	
<b>Toddler Time</b> Pool						8:00AM-9:30AM (Pool Schedule) <i>N/A</i>	
<b>Circuit</b> Studio 1						8:30AM-9:20AM (Strength) <i>Rebecca M.</i>	
<b>Swim Lessons</b> Pool						8:30AM-11:00PM (Swim Lessons) <i>YMCA S.</i>	
<b>Cycle</b> Cycle						8:30AM-9:20AM (Cardio) <i>Heinrich W.</i>	
<b>Dance Fitness</b> Teen Center						9:00AM-9:50AM (Cardio) <i>Lindsey C.</i>	
<b>REV+FLOW by REFIT®</b> Teen Center						10:00AM-10:50AM (Cardio & Strength) <i>Marcella J.</i>	
<b>Family Swim</b> Pool						10:30AM-12:30PM (Pool Schedule)	
<b>Lap Swim, 2 Lanes</b> Pool						11:00AM-12:30PM (Lap Swim)	
<b>No Lap Swim</b> Pool						12:30PM-2:30PM (Lap Swim) <i>N/A</i>	