



Clark County Family YMCA | May 4th - May 10th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|---|-----------------------------------|
| Open Swim Pool Rec | 5:00AM-10:30AM (Pool Schedule) 12:25PM-4:30PM (Pool Schedule) 7:00PM-8:30PM (Pool Schedule) | 5:00AM-9:00AM (Pool Schedule) 9:45AM-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) 9:45AM-5:15PM (Pool Schedule) 7:30PM-8:30PM (Pool Schedule) | 5:00AM-10:00AM (Pool Schedule) 11:15AM-7:30PM (Pool Schedule) | 7:00AM-8:15AM (Pool Schedule) 11:45AM-4:30PM (Pool Schedule) | 12:00PM-3:30PM (Pool Schedule) |
| Lap Swim Pool Lap | 5:00AM-8:30PM (Lap Swim) <i>N/A</i> | | | 5:00AM-8:30PM (Lap Swim) | 5:00AM-7:30PM (Lap Swim) | 7:00AM-4:00PM (Lap Swim) 11:30AM-4:30PM (Lap Swim) | |
| Zumba® Gold Dance Fitness C | 9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i> | | | | 9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i> | | |
| Deep H2O Pool Lap | 9:30AM-10:15AM (Water Fitness) <i>Julie P.</i> | | | | 9:30AM-10:15AM (Water Fitness) <i>Julie P.</i> | | |
| Lap Swim Limited Lanes Pool Lap | 9:30AM-10:30AM (Lap Swim) 12:00PM-1:00PM (Lap Swim) 4:00PM-7:45PM (Lap Swim) | 5:00AM-8:30PM (Lap Swim) 4:00PM-7:45PM (Lap Swim) | 5:00AM-8:30PM (Lap Swim) 12:00PM-1:00PM (Lap Swim) 4:00PM-8:30PM (Lap Swim) | 4:00PM-7:45PM (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-3:30PM (Lap Swim) |
| Arthritis Class Pool Rec | 10:30AM-11:15AM (Water Fitness) <i>Julie P.</i> | | | | 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) | |
| 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) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|--|--|-------------------------|
| Swim Lessons Pool Rec | 4:30PM-7:00PM (Swim Lessons) | 5:15PM-7:30PM (Swim Lessons) | 4:30PM-7:00PM (Swim Lessons) | 5:15PM-7:30PM (Swim Lessons) | | 8:15AM-11:40AM (Swim Lessons) | |
| 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>Ariel M.</i> | 9:00AM-9:45AM (Water Fitness) <i>Tressa Y.</i> | | | |
| Cycle and Core C | 6:00PM-7:00PM (Cardio) <i>Cameron C.</i> | | | | | | |
| BoxMaster Circuit B | 6:45PM-7:30PM (Cardio) <i>Sherri C.</i> | | | 10:45AM-11:30AM (Cardio) <i>Brandy H.</i> | | | |
| Toddler Time Pool Rec | | 9:00AM-9:45AM (Pool Schedule) | 9:00AM-10:30AM (Pool Schedule) | 9:00AM-10:30AM (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> | | | |
| Swim Lessons Pool Lap | | 4:30PM-7:45PM (Swim Lessons) | 4:30PM-7:00PM (Swim Lessons) | 4:30PM-7:45PM (Swim Lessons) | | 8:15AM-11:30AM (Swim Lessons) | |
| HIIT/Bootcamp C | | 6:00PM-6:45PM (Cardio & Strength) <i>Mary A.</i> | | 6:00PM-6:45PM (Cardio & Strength) <i>Keslie J.</i> | | | |
| Open Gym Auditorium A | | | 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 A | | | 5:00AM-8:00AM (Gym) <i>N/A</i> 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 Basketball Court B | | | 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) |
| Adult Pickleball Auditorium A | | | 8:00AM-1:00PM (Adult Sports) | 11:00AM-4:00PM (Adult Sports) | 9:00AM-12:00PM (Adult Sports) | | |

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|--|--------|---------|---|--|---------------------------------|------------------------|--------|
| Adult Pickleball Basketball Court B | | | 8:00AM-1:00PM (Adult Sports) | | 8:00AM-1:00PM (Adult Sports) | | |
| Adult Pickleball Basketball Court A | | | 8:00AM-1:00PM (Adult Sports) | 11:00AM-4:00PM (Adult Sports) | 8:00AM-1:00PM (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> | | | | |
| Water Volleyball Pool Lap | | | 10:00AM-10:45AM (Water Fitness) <i>YMCA S.</i> | | | | |
| Muscle Conditioning C | | | 11:15AM-12:00PM (Cardio & Strength) <i>Ariel S.</i> | | | | |
| Barre C | | | 5:30PM-6:15PM (Mind & Body) <i>Sherri C.</i> | | | | |
| Hi-Lo Fitness D | | | 6:30PM-7:15PM (Cardio) <i>Mary A.</i> | | | | |
| Yoga C | | | 6:30PM-7:15PM (Mind & Body) <i>Ashley H.</i> | | | | |
| 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> | | | |
| YMCA Programs Basketball Court A | | | | 5:30PM-7:30PM (Gym) 7:30PM-9:00PM (Gym) | | 9:00AM-1:30PM (Gym) | |
| Muscle & Hustle-Youth Cardio Cardio Deck | | | | 6:00PM-6:45PM (Cardio) <i>YMCA S.</i> | | | |
| YMCA Programs Basketball Court B | | | | 7:30PM-9:00PM (Gym) | | | |
| YMCA Programs Auditorium A | | | | 7:30PM-9:00PM (Gym) | | 9:00AM-1:30PM (Gym) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|----------------|------------------|-----------------|--|--|---------------|
| Chair Yoga C | | | | | 10:45AM-11:30AM (Mind & Body) <i>Katy S.</i> | | |
| Balance and Agility C | | | | | 12:00PM-12:45PM (Mind & Body) <i>Sherri C.</i> | | |
| Cycle and Strength C | | | | | 6:00PM-6:45PM (Cardio) <i>Ariel S.</i> | | |
| Pilates C | | | | | | 8:30AM-9:15AM (Mind & Body) <i>Anne M.</i> | |
| Pool Rental-reservation Pool Rec | | | | | | 4:30PM-6:00PM (Pool Schedule) | |