

Aqua Fun & Fit: This is an all over, cardio, toning, muscle conditioning class, which incorporates stretching, range of motion and even some yoga cool down techniques. The goal is health and fitness using the multi-directional resistance of water. This is a great class for all ages and fitness levels.

Aqua Energy: This a low impact but high energy water fitness class. We use the water as resistance, as well as pool noodles and hand buoys to enhance the workout. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance. Each workout includes a full body warmup, aerobic movements, core/arm/leg strengthening, balance work, cool down and stretching. All our instructors bring a unique flavor to this energizing workout! Participants enjoy a quality and safe workout, and feel energized when finished!

Rise and Grind :This class is a high intensity class with inspiration pulled from boxing, and combat training! We use the water, hand buoys and pool noodles as resistance to enhance the workout! Everything in this class is scalable, this would be a great option for anyone looking to achieve a bit of a sweat from their aquatic class.

Independent Adult Water Exercise: This is a self-guided water exercise time for adults 18+

Lap swim: Lap lanes are available for endurance lap swim

Open swim: Varying portions of the pool are open for recreational play or exercise in the water. Goggles, dive toys and noodles are available to borrow.

Open swim limited: Shallow end only, space may be limited by other activities in the pool



Pool Schedule Jan 8th - Feb 11th

Fergus Falls YMCA
1164 N. Friberg Ave.
Fergus Falls, MN 56537

(218) 739-4489

*Please note that all classes are subject to change due to demand and participation. For the most up-to-date schedule, please view our mobile app or visit our website. For your safety, it is recommended you consult your physician prior to starting any exercise program. *Due to LG staff shortages, classes may be combined or cancelled.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Lap Swim (4 lanes) 5:30am-6:30am	Lap Swim (4 lanes) 5:30am-6:30am	Lap Swim (4 lanes) 5:30am-6:30am	Lap Swim (4 lanes) 5:30am-6:30am	Lap Swim (4 lanes) 5:30am-6:30am	Safety Break	Safety Break
7am	Lap Swim (4 lanes) 6:30am-7:55am	Lap Swim (4 lanes) 6:30am-7:55am	Lap Swim (4 lanes) 6:30am-7:55am	Lap Swim (4 lanes) 6:30am-7:55am	Lap Swim (4 lanes) 6:30am-7:55am		
8am	pool open	Safety Break	pool open	Safety Break	pool open	Safety Break	Safety Break
9am	Rise and Grind Water Fitness* 8am-9am		Lap Swim (2 lanes) & Independent Adult Water Exercise 8:00am-9:25am **		Early Bird Water Fitness* 8am-9am		
10am	Aqua Fun & Fit* 9:15am-10:15am	Aqua Energy 9:30am-10:30am	Aqua Fun & Fit* 9:15am-10:15am	Aqua Energy 9:30am-10:30am	Aqua Fun & Fit* 9:15am-10:15am	Safety Break	Safety Break
11am	Independent Adult Water Exercise & Open Swim-Limited 10:15a-11:15a	Safety Break	Independent Adult Water Exercise & Open Swim-Limited 10:15a-11:15a	Safety Break	Independent Adult Water Exercise & Open Swim-Limited 10:15a-11:15a		
12pm	Lap Swim (4 lanes) 11:30am-1pm		Lap Swim (4 lanes) 10:45am-1pm		Lap Swim (4 lanes) 11:30am-1pm	Lap Swim (4 lanes) 10:45am-1pm	Lap Swim (4 lanes) 11:30am-1pm
2-4pm	Lap Swim (2 lanes) and Open Swim + 1pm-2pm	Lap Swim (2 lanes) and Open Swim+ 1pm-2pm	Lap Swim (2 lanes) and Open Swim+ 1pm-2pm	Lap Swim (2 lanes) and Open Swim+ 1pm-2pm	Lap Swim (2 lanes) and Open Swim+ 1pm-2pm	Safety Break	Safety Break
4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm		
5pm	Swim lessons & Lap Swim (1 lane) 4pm-5:15pm	Safety Break	Swim lessons & Lap Swim (1 lane) 4pm-5:15pm	Safety Break	Swim lessons & Lap Swim (2 lane) 4pm-6:15pm	Safety Break	Safety Break
6pm	Aqua Energy & Swim lessons 5:15-6:15p		Swim lessons & Lap Swim (2 lane) 4pm-6:15pm		Aqua Energy & Swim lessons 5:15-6:15p		
7pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-7:30pm	Safety Break	Safety Break

Space may be limited as we work to serve as many members as possible.
Pool safety breaks allow the Lifeguard a break and to remove/put in lane lines.
NO Open Swim during Swim Lessons.

Open Swim Limited=Shallow End ONLY + Independent Adult Water Exercise **Pool will be closed 5 minutes prior to programming.