



AQUA FITNESS SCHEDULE

Schedule Begins Friday, January 16th and is subject to change.

Participation in aqua fitness classes requires sign up.

You can sign up using the Technogym app and our website at bnymca.org/schedules.

Open Swim: Adults MUST be in the water at all times with children 15 and under who cannot pass a swim test and do not wear a life jacket. Anyone under the age of 16 is required to take a swim test before entering the pool.

Aqua Fitness Classes: Members 18 years and older for instructor-led class. See our Aqua Fitness Class schedule for more details about our classes.

Splash Pad: The splash pad will be available during open swim only.

Swim School: The Rec/Therapy Pool is closed during Swim School.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5a							
530							
6a							
630							
7a							
730							
8a	Strength Core & Balance 745a - 845a Rec. Pool		Strength Core & Balance 745a - 845a Rec. Pool	AquaFit 8a - 845a Rec. Pool		Strength & Stride 8a - 845a Rec. Pool	
830							
9a	Aqua Therapy 9a - 945a Rec. Pool	Hydro Power 9a - 945a Comp. Pool		Hydro Power 9a - 945a Comp. Pool		Aqua Therapy 9a - 945a Rec. Pool	
930							
10a	Cardio Splash 10a - 1045a Comp. Pool	Aquabata 10a - 1045a Comp. Pool	Aquabata 10a - 1045a Comp. Pool	Aquabata 10a - 1045a Comp. Pool			
1030							
11a	HIIT the Deep 11a - 1145a Comp. Pool	Aqua Karaoke 11a - 1145a Comp. Pool		Aqua Karaoke 11a - 1145a Comp. Pool			
1130						Hydro Power 1130a - 1215p Comp. Pool	
12p							
1230						Aqua Jam 1215p - 1p Comp. Pool	Hydro Power 1215p - 1p Comp. Pool
1p							
130							
2p							
230							
3p							
330							
4p							
430							
5p							
530							
6p	Water Walking 6p - 630p Rec. Pool						
630							
7p		Aqua Blast 7p - 745p Comp. Pool		Deep Water Blast 7p - 745p Comp. Pool			
730							
8p							
830							
9p							

- Class located in Rec/Therapy Pool
- Class located in Competition Pool

VIEW POOL RULES:



[OR CLICK HERE](#)