



September Aquatics Schedule

Hannibal YMCA

September 1st - September 30th

1 YMCA Drive

Hannibal, MO 63401

(573) 221-0586

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim Aquatics Center 5am - 9am	Open Swim Aquatics Center 5am - 9am	Open Swim Aquatics Center 5am - 9am	Open Swim Aquatics Center 5am - 9am	Open Swim Aquatics Center 5am - 9am		
	Lap Swim Aquatics Center 5am - 4pm	Lap Swim Aquatics Center 5am - 4pm	Lap Swim Aquatics Center 5am - 4pm	Lap Swim Aquatics Center 5am - 4pm	Lap Swim Aquatics Center 5am - 4pm		
6am						Open Swim Aquatics Center 6:15am - 6:30pm	
						Lap Swim Aquatics Center 6:15am - 6:30pm	
9am	Water Aerobics Aquatics Fitness Judy Irons 9am - 10am	Water Aerobics Aquatics Fitness Teddy Sharpe 9am - 10am	Water Aerobics Aquatics Fitness Judy Irons 9am - 10am	Water Aerobics Aquatics Fitness Teddy Sharpe 9am - 10am	Water Aerobics Aquatics Fitness Judy Irons 9am - 10am		
10am	Aquaease Aquatics Fitness Judy Irons 10am - 11am	Open Swim Aquatics Center 10am - 4pm	Aquaease Aquatics Fitness Judy Irons 10am - 11am	Open Swim Aquatics Center 10am - 4pm	Aquaease Aquatics Fitness Judy Irons 10am - 11am		
11am	Open Swim Aquatics Center 11am - 4pm		Open Swim Aquatics Center 11am - 4pm		Open Swim Aquatics Center 11am - 4pm		
1pm							Open Swim Aquatics Center 1:15pm - 5pm
							Lap Swim Aquatics Center 1:15pm - 5pm
4pm	Pool Closed Aquatics Center 4pm - 6pm	Pool Closed Aquatics Center 4pm - 6pm	Pool Closed Aquatics Center 4pm - 6pm	Pool Closed Aquatics Center 4pm - 6pm	Pool Closed Aquatics Center 4pm - 6pm		
6pm	Limited Lap Swim Aquatics Center 6pm - 6:30pm	Limited Lap Swim Aquatics Center 6pm - 6:30pm	Limited Lap Swim Aquatics Center 6pm - 6:30pm	Limited Lap Swim Aquatics Center 6pm - 6:30pm	Limited Lap Swim Aquatics Center 6pm - 6:30pm		
	H2O Cardio Aquatics Fitness Donna Hemme 6:05pm - 7:05pm	Lap Swim Aquatics Center 6:30pm - 9pm	H2O Cardio Aquatics Fitness Donna Hemme 6:05pm - 7:05pm	Lap Swim Aquatics Center 6:30pm - 9pm	Open Swim Aquatics Fitness 6:15pm - 9pm		
	Lap Swim Aquatics Center 6:30pm - 9pm		Lap Swim Aquatics Center 6:30pm - 9pm		Lap Swim Aquatics Fitness 6:30pm - 9pm		
7pm	Open Swim Aquatics Center 7:05pm - 9pm	Open Swim Aquatics Center 7pm - 9pm	Open Swim Aquatics Center 7:05pm - 9pm	Open Swim Aquatics Center 7pm - 9pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.