

**Class/Instructor Schedule
Beginning Nov 9, 2020**

Monday		Tuesday	Wednesday	Thursday	Friday
8:00-9:50	Cardio/ Weight	Cardio/Weight	Cardio/Weight	Cardio/Weight	Cardio/Weight
8:00-8:50	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9-9:50	Tabata Patricia	Rec Swim	Tabata Patricia	Rec Swim	Tabata Patricia
9-9:50	Aquasize (s) Socorro	Water Conditioning Janine	Aquasize(s) Socorro	Water Conditioning Yvonne	Fun & Fit (s) Esther
9-9:50	Yoga Salinda	Cardio Sculpt Dolores	Yoga Salinda	Cardio Sculpt Dolores	Yoga Salinda
3:45-4:30	Lap Swim			Lap Swim	
3:45-4:30	Balance Stability Olga			Balance Stability Olga	
4:45-5:30	Line Dance Carolyn			Line Dance Carolyn	
4:45-5:30	Rec Swim			Rec Swim	

General:

1. Safety first!
2. Masks, temperature ranges, symptom-free, and 6-foot distances will be enforced.
3. Operating at or below 50% capacity or below.
4. Open Monday through Friday.
5. Participation first-come, first served.
6. Come in workout/swim clothes; leave in workout/swim clothes. Locker rooms are closed.
7. Bring water. Water fountains are off.
8. Restrooms behind the elevator are available. No changing.
9. Classes, activities & times posted on website & Facebook.
10. No gathering area for staff or members.
11. Minimum required class size to continue class is 10.
12. Class continuation will be revised often & based on utilization.

Cardio/Weight Light to moderate work outs only.

1. 1 hr & 50 min per day.
2. 30 min/cardio machine if someone is waiting.
3. Masks, gloves & social distancing required.
4. Maximum of 10 participants at a time.
5. Bring water.
6. Member sanitizes each machine before & after use.
7. Exit out the gym back door.

Water:

1. Lap swim is 1 session per day of 50 minutes.
2. One swimmer per lane; 6 lap swimmers maximum.
3. Lap swimmers may wear fins and goggles. Masks required in water classes.
4. No weights or noodles permitted.
5. Water participants enter natatorium through double doors next to front desk; leave same way.
6. One recreational swim time on Tuesday.
7. Belts allowed in deep-water classes.
8. Class size limited to 18 (deep) & 18 (shallow).
9. Safety requires all natatorium windows & door to be open. Radiant heaters do NOT heat air or water. Please consider wearing aquatic swim shirts & hats for warmth.

Gym:

1. Land participants will go directly to the gym and exit the gym doors into the back parking area.
2. Masks and 6-foot distancing enforced.
3. Maximum class size is 40.

YWCA IS ON A MISSION