



YWCA East Community Center Aquatics
Swimming Pool @ YWCA East Community Center
 June 1st - June 30th

8145 East 17th St.
 Tulsa, OK 74112
 918-587-2100

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Open/Lap Swim 8am - 9am	Lap Swim* 8am - 10am	Open/Lap Swim 8am - 9am	Lap Swim* 8am - 10am	Open/Lap Swim 8am - 9am		
9am	Hydrofit Carol Stanley 9am - 10am		Hydrofit Carol Stanley 9am - 10am		Hydrofit Carol Stanley 9am - 10am	Aquacise Richard Ridgeway 9:15am - 10:15am	
10am	H2O Power Hour Connie Phillips-Patten 10am - 11am	Open Swim** 10am - 12pm	H2O Power Hour Connie Phillips-Patten 10am - 11am	Open Swim** 10am - 12pm	H2O Power Hour Connie Phillips-Patten 10am - 11am	Open Swim** 10:15am - 12:30pm	
11am	Arthritis Foundation Aquatics Program Richard Ridgeway 11am - 12pm		Arthritis Foundation Aquatics Program Richard Ridgeway 11am - 12pm		Arthritis Foundation Aquatics Program Richard Ridgeway 11am - 12pm		
12pm	Laps for Lunch 12pm - 1pm	Laps for Lunch 12pm - 1pm	Laps for Lunch 12pm - 1pm	Laps for Lunch 12pm - 1pm	Laps for Lunch 12pm - 1pm		
1pm	Aquacise Richard Ridgeway 1pm - 2pm	Open Swim** 1pm - 4:30pm	Aquacise Richard Ridgeway 1pm - 2pm	Open Swim** 1pm - 5:30pm	Arthritis Foundation Aquatics Program Richard Ridgeway 1pm - 2pm		
2pm	Open Swim** 2pm - 4:30pm		Open Swim** 2pm - 4:30pm		Family Swim 2pm - 5:30pm		
4pm	Aquacise Richard Ridgeway 4:30pm - 5:30pm		Aquacise Richard Ridgeway 4:30pm - 5:30pm				

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.



Class Descriptions

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Aquacise - This hour long class is a combination of cardiovascular, strength training, stretching and toning exercises done in the shallow and deep water.

Arthritis Foundation Aquatics Program - Class activities include joint range of motion, stretching, breathing and light aerobic activity. This program is designed to decrease pain and stiffness and improve daily function. All ages and abilities are welcome

Family Swim - The pool is reserved for nothing but family fun time! A program paid member must be present and children must be accompanied by an adult who is 18 years or older.

H2O Power Hour - This class provides a medium to high cardio workout with low impact. This class offers a strength and conditioning workout utilizing the properties of water to strengthen specific muscle groups. we use equipment sometimes and music always.

Hydrofit - This class integrates both cardio and strength training to provide a safe, challenging water based workout.

Lap Swim* - The entire pool is dedicated to lap swimming and exercising. *Pre-registration required at <https://bit.ly/3gtbajZ>

Open Swim** - The pool is reserved for all program paid youth and adults. Therefore, no activities will be scheduled during this time. **There is currently a limit of 20 swimmers during open swim. Children under age 16 will not be allowed until June 15.

Open/Lap Swim - Half the pool is used for Lap Swim while the other half stays open for Open Swim