



Pool Schedule

757 Third Street
BOONVILLE, MO 65233
(660) 882-8500

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap Swim 5:30am - 6:30am	Lap Swim 5:30am - 6:30am	Lap Swim 5:30am - 6:30am	Lap Swim 5:30am - 6:30am	Lap Swim 5:30am - 6:30am		
6am	Lap Swim 6:30am - 7:30am	Lap Swim 6:30am - 7:30am	Lap Swim 6:30am - 7:30am	Lap Swim 6:30am - 7:30am	Lap Swim 6:30am - 7:30am		
7am	Lap Swim 7:30am - 8:30am	Lap Swim 7:30am - 8:30am	Lap Swim 7:30am - 8:30am	Lap Swim 7:30am - 8:30am	Lap Swim 7:30am - 8:30am	Lap Swim 7:30am - 8:30am	
8am		Lap Swim 8:30am - 9:30am		Lap Swim 8:30am - 9:30am	Water Volleyball 8:30am - 9:30am	Lap Swim 8:30am - 9:30am	
9am	Water Aerobics Christy Rehagen 9am - 10am	Lap Swim 9:30am - 10:30am	Water Aerobics Christy Rehagen 9am - 10am	Lap Swim 9:30am - 10:30am	Lap Swim 9:30am - 10:30am	Swim Lessons 9:30am - 10:30am	
10am	Rusty Hinges Christy Rehagen 10:30am - 11:30am	Lap Swim 10:30am - 11:30am	Rusty Hinges Christy Rehagen 10:30am - 11:30am	Lap Swim 10:30am - 11:30am	Lap Swim 10:30am - 11:30am	Lap Swim 10:30am - 11:30am	
12pm						Open Swim 12:30pm - 1:30pm	
1pm						Open Swim 1:30pm - 2:30pm	Lap Swim 1:30pm - 2:30pm
2pm						Open Swim 2:30pm - 3:30pm	Open Swim 2:30pm - 3:30pm
3pm	Lap Swim 3:30pm - 4:30pm	Lap Swim 3:30pm - 4:30pm	Lap Swim 3:30pm - 4:30pm	Lap Swim 3:30pm - 4:30pm	Lap Swim 3:30pm - 4:30pm	Open Swim 3:30pm - 4:30pm	Open Swim 3:30pm - 4:30pm
4pm	Open Swim 4:30pm - 5:30pm	Open Swim 4:30pm - 5:30pm	Open Swim 4:30pm - 5:30pm	Open Swim 4:30pm - 5:30pm	Open Swim 4:30pm - 5:30pm		
5pm	Swim Lessons 5pm - 7pm	Swim Lessons 5pm - 7pm	Swim Lessons 5pm - 7pm	Swim Lessons 5pm - 7pm	Open Swim 5:30pm - 6:30pm		
7pm		Open Swim 5:30pm - 6:30pm		Open Swim 5:30pm - 6:30pm			

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 Boonslick Heartland YMCA

Lap Swim - Swim time intended for lap swimming, water walking and water aerobics in designated lanes. Open to Members & paid guests.

Open Swim - Swim time during which there is no designated or intended activity. Open to Members & paid guests.

Rusty Hinges - A slower-paced water aerobics class focused on improving and maintaining joint movement.

Swim Lessons - The Y offers monthly group swim lessons and private lessons of 8, 30-minute sessions for people of all ages! For half an hour on Monday & Wednesday evenings, our swim instructor will work with participants in the class to improve!

Water Aerobics - Our standard aerobic class, a great source of low impact exercise in the pool.

Water Volleyball - Join us for some competitive fun water volleyball every Friday! For members and paid guests.