



# New Year's Schedule



**Mon. Dec. 29, 2025 – Sun. Jan. 4, 2026**



## MONDAY, DEC. 29, 2025

- Aquatics - Regular Pool Hours
- Child Watch – Regular Child Watch Hours
- Rails – Regular Schedule
- Group Fitness – Regular Schedule

**Happy  
New Year!**



## TUESDAY, DEC. 30, 2025

- Aquatics – Regular Pool Hours
- Child Watch – Regular Child Watch Hours
- Rails – Regular Schedule
- Group Fitness – Regular Schedule



## WEDNESDAY, DEC. 31, 2025

**YMCA OPEN 5:00AM-2:00PM**

- Aquatics – Pool open 5:30-1:30pm (Lap Swim Only)
- Child Watch – Open 8:00am-1:00pm
- Rails – **Only 5:30am, 8:30am and 12:00pm classes held**
- Group Fitness – Regular Schedule

## NEW YEAR'S DAY – THURSDAY, JANUARY 1, 2026

**YMCA OPEN 10:00AM-2:00PM**

- Aquatics – Lap Swim Only 10:00AM-1:30PM
- Child Watch – Closed
- Rails – Only 10am class
- **Group Fitness classes offered:**
  - 10:05am Body Combat with Amy Flakus
  - 11:15am Body Pump HEAVY with Amy Flakus
  - 11:15am Drums Alive with Estelle Meyers
  - 12:10pm SPRINT with Estelle Meyers
  - 12:15pm Pool Exercise with Stacy Bauer



## FRIDAY, JAN. 2 - SUNDAY JAN. 4, 2026

- Aquatics - Regular Pool Hours
- Child Watch – Regular Child Watch hours
- Rails – Regular Schedule
- Group Fitness – Regular Schedule

