



EMILSON YMCA
June 25th - July 1st

75 Mill Street
Hanover, MA 02339
(781) 829-8585

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Lap Swim Lap Pool 6 Lanes Available 5am - 5:30am	Lap Swim Lap Pool 6 Lanes Available 5am - 9am	Lap Swim Lap Pool 6 Lanes Available 5am - 5:30am	Whirlpool Open Whirlpool Open Swim 5am - 9:45pm			Lap Swim Lap Pool 6 Lanes Available 5am - 8:30am
	Whirlpool Open Whirlpool Open Swim 5am - 9:45pm	Whirlpool Open Whirlpool Open Swim 5am - 9:45pm	Whirlpool Open Whirlpool Open Swim 5am - 9:45pm	Lap Swim Lap Pool 6 Lanes Available 5am - 9:30am			Whirlpool Open Whirlpool Open Swim 5am - 9:45pm
	Program Class Turf " " 5:15am - 6:15am	Indoor Cycling Class Cycling Studio Tom H 5:30am - 6:30am	Program Class Turf " " 5:15am - 6:15am				
	Indoor Cycling Class Cycling Studio Joan W 5:30am - 6:30am		Masters Only 5:30am-6:30am Outdoor Center Big Pool & Adults Only 5:30am - 6:30am				
	Masters Only 5:30am-6:30am Outdoor Center Big Pool & Adults Only 5:30am - 6:30am		Indoor Cycling Class Cycling Studio Beth Y 5:30am - 6:30am				
6am	Open Swim Family Pool 6:30am - 8:30am	Lap Swim Outdoor Center 6 Lanes Available 6am - 7am	Lap Swim Lap Pool 6 Lanes Available 6:30am - 8:30am	Tabata Circuit Studio A Pete C 6am - 7am	Lap Swim Lap Pool 6 Lanes Available 6:30am - 9am		Lap Swim Outdoor Center 6 lanes Available Big Pool & Adult Swim Only 6am - 8am
	Lap Swim Lap Pool 6 Lanes Available 6:30am - 8:30am	Body Pump Studio A Lynda D 6am - 7am	Lap Swim Lap Pool 6 Lanes Available 6:30am - 8:30am	Lap Swim Outdoor Center 6 Lanes Available 6am - 7am	Open Swim Family Pool 6:30am - 8:10am		Body Pump Studio A Diane H 6am - 7am
	Lap Swim Outdoor Center 6 Lanes Available 6:30am - 7:45am		Lap Swim Outdoor Center 6 Lanes Available 6:30am - 7:45am	Indoor Cycling Class Cycling Studio Joan W 6am - 7am	Whirlpool Open Whirlpool Open Swim 6:30am - 7:45pm		Indoor Cycling Class Cycling Studio Pete C 6:30am - 7:30am
	Lap Swim Lap Pool 6 Lanes Available 6:30am - 8:30am		Open Swim Family Pool 6:30am - 8:30am		Body Pump Studio A Kelly/ Kristin LE 6:45am - 7:45am		
	7am	Strypers Swim Team Outdoor Center Big Pool Only 7:45am - 9:15am	Pembroke Swim Team Outdoor Center Big Pool Only 7am - 8:30am	Strypers Swim Team Outdoor Center Big Pool Only 7:45am - 9:15am	Pembroke Swim Team Outdoor Center Big Pool Only 7am - 8:30am	Indoor Cycling Class Cycling Studio Joan W 7:15am - 8:15am	Whirlpool Open Whirlpool Open Swim 7am - 5pm
		Open Swim Family Pool 7am - 8am		Open Swim Family Pool 7am - 8am		Lap Swim 6 Lanes Open Lap Pool 7am - 8:30am	
						Open Swim Family Pool 7am - 8:30am	

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
8am	AOA Aqua Flex Family Pool Pool Unavailable 8:30am - 9:25am	GRIT Turf Kelly H 8am - 8:30am	Body Combat Studio A Christine G 8:30am - 9:30am	GRIT Turf Kristen N 8am - 8:30am	Pilates Studio C Stacey H 8am - 9am	Vinyasa Yoga Studio C Lynn G 8am - 9am	Masters Swim Outdoor Center 1 Lane Available 8am - 9:15am
	Indoor Cycling Class Cycling Studio Cheryl C 8:30am - 9:30am	Aqua Core Family Pool Beach Area Only 8am - 8:55am	Aqua Core Lap Pool 2 Lanes Available 8:30am - 9:25am	AOA Aqua Flex Family Pool Beach Area Only 8am - 8:55am	Swim Lessons Family Pool Pool Unavailable 8:10am - 1:20pm	Swim Lessons Family Pool Pool Unavailable 8:30am - 10:15am	GRIT Turf Lynda D 8am - 8:30am
	Aqua Core Lap Pool 2 Lanes Available 8:30am - 9:25am	Express Ride Cycling Studio Dan R 8:15am - 8:45am	AOA Aqua Flex Family Pool Pool Unavailable 8:30am - 9:25am	Indoor Cycling Class Cycling Studio Jennifer P 8:30am - 9:30am	GRIT Turf Christine G 8:15am - 8:45am	Indoor Cycling Class Cycling Studio Bill A 8:30am - 9:30am	Body Pump Studio A Lynda D 8:30am - 9:30am
	Body Combat Studio A Jennifer P 8:30am - 9:30am	Body Pump Studio A Kelly H 8:30am - 9:30am	Indoor Cycling Class Cycling Studio Kathleen K 8:30am - 9:30am	Body Pump Studio A Kristen N 8:30am - 9:30am	Indoor Cycling Class Cycling Studio Pete C 8:30am - 9:30am	Swim Lessons Lap Pool 5 Lanes Available 8:30am - 11am	Masters Swim Lap Pool 2 Lanes Available 8:30am - 9:30am
	Pilates Studio C Kerry D 8:45am - 9:45am	Adult Swim Outdoor Center Big Pool & Adults Only 8:30am - 9:25am		Adult Swim Outdoor Center Big Pool & Adults Only 8:30am - 9:25am			Indoor Cycling Class Cycling Studio Leeanne S 8:30am - 9:30am
		Yoga Studio C Amber B 8:45am - 9:45am		Barre Pilates Studio C Emily M 8:45am - 9:45am			Yoga Studio C Mikaela SK 8:45am - 9:45am
9am	Fit 4 Life Studio B Lisa G 9am - 10am	Endurance Ride Cycling Studio Kendall C 9am - 10:30am	Yoga Studio C Stacey H 9am - 10am	Swim Lessons Family Pool Pool Unavailable 9am - 12pm	Swim Lessons Lap Pool 4 Lanes Available 9am - 12pm	GRIT Turf Kelly/ Lynda 9am - 9:30am	Swim Lessons Family Pool Beach Area Only 9am - 12pm
	Aqua Fit Lap Pool 2 Lanes Available 9:30am - 10:25am	Camp Swim Lessons Outdoor Center Pool Unavailable 9:30am - 1:30pm	Fit 4 Life Studio B Lisa G 9am - 10am	PoundFit Studio B Kristi C 9am - 9:45am	Cardio Express Studio A Christine G 9am - 9:30am	Body Pump Studio A Kelly/ Lynda 9:30am - 10:30am	Indoor Cycling Class Cycling Studio Renee T 9:30am - 10:30am
	Camp Swim Lessons Outdoor Center Pool Unavailable 9:30am - 1:30pm	Body Combat Studio A Angela A 9:30am - 10:30am	Indoor Cycling Class Cycling Studio Renee T 9:30am - 10:30am	Aqua Fit Family Pool 3 Lanes Available 9:15am - 10:10am	Yoga Studio B Stacey H 9:15am - 10:15am	Pilates Studio C Kate Mc 9:30am - 10:30am	Lap Swim Lap Pool 6 Lanes Available 9:30am - 11:30am
	Indoor Cycling Class Cycling Studio Cheryl C 9:30am - 10:30am		Aqua Fit Lap Pool 2 Lanes Available 9:30am - 10:25am	Aqua Fit Lap Pool 3 Lanes Available 9:15am - 10:10am	CXWORX Studio A Christine G 9:30am - 10am	GRIT Turf Christine G 9:45am - 10:15am	Camp Swim Lessons Outdoor Center Pool Unavailable 9:30am - 1:30pm
	HIIT n' Chisel Studio A Ellen P 9:30am - 10:30am		Camp Swim Lessons Outdoor Center Pool Unavailable 9:30am - 1:30pm	Indoor Cycling Class Cycling Studio Kendall C 9:30am - 10:30am			Step Studio A Lynda D 9:30am - 10:30am
			Basic Training Studio A Lynda D 9:30am - 10:30am	Zumba Studio A Jennifer L 9:30am - 10:30am			
				Camp Swim Lessons Outdoor Center Pool Unavailable 9:30am - 1:30pm			

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10am	Tone Studio B Julie F 10am - 11am	Lap Swim Lap Pool 6 Lanes Available 10am - 10:30am	Tone Studio B Lisa G 10am - 11am	B Forever Fit Studio B Lauren R 10am - 10:45am	Body Combat Studio A Michelle D 10am - 11am	ODC Open Swim Outdoor Center All Pools 10am - 5:30pm	Zumba Studio B Jennifer L 10am - 11am
	GRIT Turf Kristen N 10am - 10:30am	Barre Pilates Studio C Kerry D 10am - 11am	GRIT Turf Kristen N 10am - 10:30am	Aqua Zumba Lap Pool 2 Lanes Available 10:30am - 11:25am	ODC Open Swim Outdoor Center All Pools 10am - 7pm	Open Swim & Lessons Family Pool 10:15am - 1pm	AOA Aqua Flex Family Pool Pool Unavailable 10:30am - 11:25pm
	Partnership/ Lap Swim Lap Pool 4 Lanes Available 10:30am - 12pm	Aqua Zumba/Partnership Lap Pool 1 Lane Available 10:30am - 11:25am	Barre Pilates Studio C Kristi C 10am - 11am	Vinyasa Yoga Studio C Kerry D 10:30am - 11:45am	GRIT Turf Christine G 10:15am - 10:45am		Easy Rider Cycling Studio Kristi C 10:45am - 11:30am
	Body Pump Studio A Ellen P 10:45am - 11:45am	HIIT n' Chisel Studio A Alice A 10:45am - 11:45am	Partnership/ Lap Swim Lap Pool 4 Lanes Available 10:30am - 12pm	HIIT n' Chisel Studio A Ellen P 10:45am - 11:45am			Cardio Express Studio A Lauren R 10:45am - 11:15am
			Body Pump Studio A Ellen P 10:45am - 11:45am				
11am	Gentle Yoga Studio C Mikaela SK 11am - 11:45am	Lap Swim Lap Pool 6 Lanes Available 11:30am - 4pm	Joyful Movement Studio B Laurie . 11am - 12pm	Lap Swim Lap Pool 6 Lanes Available 11:30am - 4pm	STRONG By ZUMBA Studio A Emily M 11:15am - 12:15pm	Lap Swim 6 Lanes Open Lap Pool 11am - 5:30pm	Barre Pilates Studio C Emily M 11am - 12pm
	Open Swim - Deep End Closed Family Pool 11:30am - 3:45pm	Open Swim - Deep End Closed Family Pool 11:30am - 3:45pm	Gentle Yoga Studio C Chrissy B 11am - 11:45am			Zumba Studio A Emily/ Jessica 11am - 12pm	CXWORX Studio A Lauren R 11:15am - 11:45am
							Aqua Zumba Lap Pool 2 Lanes Available 11:30am - 12:30pm
12pm	Lap Swim Lap Pool 4 Lanes Available 12pm - 4pm	Chair Yopalates Studio B Kerry D 12pm - 12:45pm	Lap Swim Lap Pool 6 Lanes Available 12pm - 4pm	Open Swim Family Pool 12pm - 5pm	Lap Swim Lap Pool 6 Lanes Available 12pm - 7:45pm	Yoga Studio B Zarla L 12pm - 1pm	Open Swim Family Pool 12pm - 4:15pm
	Yoga Studio C Mikaela SK 12pm - 1pm		Yoga Studio C Chrissy B 12pm - 1pm	Gentle Yoga Studio C Amber B 12pm - 1pm			Chair Pilates Studio B Eva P 12pm - 12:45pm
	Partnership Program/ Open Swim Family Pool 12pm - 1:30pm			Chair Yoga Studio B Stacey H 12pm - 12:45pm			Body Pump Studio A Kristin LE 12pm - 1pm
				Body Pump Studio A Alice A 12pm - 1pm			Lap Swim Lap Pool 6 Lanes Available 12:30pm - 3pm
				Chair Yoga Studio B Renee T 12pm - 12:45pm			

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1pm	ODC Open Swim Outdoor Center All Pools 1:30pm - 3pm	Pilates Studio C Eva P 1pm - 2pm	ODC Open Swim Outdoor Center All Pools 1:30pm - 3pm	Pilates Studio C Rebecca S 1pm - 2pm	Open Swim Family Pool 1:20pm - 2:30pm	Inclusion Open Swim Family Pool Pool Unavailable 1pm - 2pm	Pilates Studio C Eva P 1pm - 2pm
		ODC Open Swim Outdoor Center 1 Lane Available 1:30pm - 3:45pm		ODC Open Swim Outdoor Center All Pools 1:30pm - 7:30pm			ODC Open Swim Outdoor Center 1 Lane Available 1:30pm - 3:45pm
2pm					Birthday Party Rental Family Pool Pool Unavailable 2:30pm - 3:30pm	Birthday Party Rental Family Pool Pool Unavailable 2pm - 3pm	
3pm	Strypers Swim Team Outdoor Center 1 Lane Available 3pm - 5pm	Open Swim Family Pool 3pm - 4:15pm	Strypers Swim Team Outdoor Center 1 Lane Available 3pm - 5pm		Family Swim Family Pool 3:30pm - 6:30pm	Family Swim Family Pool 3pm - 5:30pm	Swim Team Lap Pool 4 Lanes Available 3pm - 4pm
	Open Swim Family Pool 3pm - 3:45pm	Swim Team Lap Pool 4 Lanes Available 3pm - 4pm					
	Swim Lessons Family Pool Pool Unavailable 3:45pm - 6pm	Swim Lessons Family Pool Pool Unavailable 3:45pm - 6pm					
4pm	Swim Team Lap Pool 1 Lane Available 4pm - 7pm	Swim Team Lap Pool 1 Lane Available 4pm - 5pm		Swim Team Lap Pool 2 Lanes Available 4pm - 5:30pm			Swim Team Lap Pool 1 Lane Available 4pm - 5pm
		Swim Lessons Outdoor Center 2 Lanes Big Pool CLOSED Medium Pool CLOSED 4:15pm - 6pm					Swim Lessons Outdoor Center 2 Lanes Big Pool CLOSED Medium Pool CLOSED 4:15pm - 6pm
		Swim Lessons Family Pool Beach Area Only 4:15pm - 6pm					Swim Lessons Family Pool Beach Area Only 4:15pm - 6pm
5pm	Interval Training Studio A Lynda D 5pm - 6pm	Pilates Studio C Kate Mc 5pm - 6pm	ODC Open Swim Outdoor Center All Pools 5pm - 7:30pm	Family Swim Family Pool 5pm - 7pm			Tabata Circuit Studio A Kelly H 5pm - 5:30pm
	Hatha Yoga Studio C Andrea S 5pm - 6pm	Body Combat Studio A Christine G 5pm - 6pm	Yoga Studio C Kerry D 5pm - 6pm	Tabata Circuit Studio A Sarah J 5:30pm - 6:30pm			Pilates Studio C Meghan C 5pm - 6pm
	ODC Open Swim Outdoor Center All Pools 5pm - 7:30pm	Swim Team Lap Pool 1 Lane Available 5:30pm - 6:30pm	Tabata Circuit Studio A Kelly H 5pm - 5:30pm	Lap Swim Lap Pool 6 Lanes Available 5:30pm - 9:45pm			Swim Team Lap Pool 2 Lanes Available 5pm - 6:30pm

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
6pm	PoundFit Studio B Kristi C 5:15pm - 6:15pm	ODC Open Swim Outdoor Center All Pools 5:30pm - 7:30pm	CXWORX Studio A Kelly H 5:30pm - 6pm				CXWORX Studio A Kelly H 5:30pm - 6pm
							ODC Open Swim Outdoor Center All Pools 5:30pm - 7:30pm
	Family Swim Family Pool 6pm - 7pm	Family Swim Family Pool 6pm - 7pm	Family Swim Family Pool 6pm - 7pm		Open Swim Family Pool 6:30pm - 7:30pm		Body Pump Studio A Kristen N 6pm - 7pm
	Barre & Burn Studio A Mikaela SK 6pm - 7pm	Body Pump Studio A Kristin LE 6pm - 7pm	Swim Team Lap Pool 2 Lanes Available 6pm - 7pm				Yoga Studio C Nicole B 6pm - 7pm
	Swim Team Lap Pool 2 Lanes Available 6pm - 7pm	Vinyasa Yoga Studio C Amber B 6:15pm - 7:15pm	Swim Team Lap Pool 2 Lanes Available 6pm - 7pm				Family Swim Family Pool 6pm - 7pm
	Indoor Cycling Class Cycling Studio Joan W 6:15pm - 7:15pm	Indoor Cycling Class Cycling Studio Julie Y 6:15pm - 7:15pm	GRIT Turf Kelly H 6:15pm - 6:45pm				Indoor Cycling Class Cycling Studio Christine G 6:15pm - 7:15pm
		GRIT Turf Christine G 6:15pm - 6:45pm	Indoor Cycling Class Cycling Studio Dan R 6:15pm - 7:15pm				Swim Team Lap Pool 5 Lanes Available 6:30pm - 7:30pm
		Lap Swim/ Red Cross Back Gym 4 Lanes Available 6:30pm - 9:45pm	Zumba Studio A Andre C 6:45pm - 7:45pm				
	Yoga Studio C Moiria C 7pm - 8pm	Open Swim Family Pool 7pm - 9:30pm	Swim Lessons Family Pool Beach Area Only 7pm - 8pm	Open Swim Family Pool 7pm - 9:30pm			Zumba Studio B Kate Mc 7pm - 8pm
	Swim Lessons Family Pool Beach Area Only 7pm - 8pm	Zumba Studio A Angela H 7:10pm - 8:10pm	Vinyasa Yoga Studio C Lynn G 7pm - 8pm				Open Swim Family Pool 7pm - 9:30pm
8pm	Aqua Core Lap Pool 1 Lane Available 7:10pm - 8:05pm		Aqua Core Lap Pool 1 Lane Available 7:10pm - 8:05pm				Lap Swim Lap Pool 6 Lanes Available 7:30pm - 9:45pm
	Open Swim Family Pool 8pm - 9:30pm		Open Swim Family Pool 8pm - 9:30pm				
	Lap Swim Lap Pool 6 Lanes Available 8:05pm - 9:45pm		Lap Swim Lap Pool 6 Lanes Available 8:05pm - 9:45pm				

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