

Performance Center (downtown YMCA)-Pool

421 SW VanBuren (785) 354-8591

POOL OPENS AT 5:00am (mon-fri)										pool opens 6:00am (sat)		
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
Afternoon	3 lanes open for lap swim	AquaFIT (shallow end) 8:00a-9:00a Barb		3 lanes open for lap swim	AquaFIT (shallow end) 8:00a-9:00a Barb		3 lanes open for lap swim	AquaFIT (shallow end) 8:00a-9:00a Barb		1 lane open for lap swim	Capital City Swim Club 7am-9am	
											H2o GO (starting 9/19/20) 9:30am-10:30am Shallow End (Sharlie)	
			3 lanes open for lap swim	AquaFIT 11:45a- 12:30p Marc				3 lanes open for lap swim	AquaFIT 11:45a- 12:30p Marc		Aqua Bootcamp (starting 9/19/20) 10:30am-11:30am Shallow End (Sharlie)	
Evening	1 lane open for lap swim	Seaman Swim Team 3:30p-5:30p 11/16/2020- 5/21/2021		1 lane open for lap swim	Seaman Swim Team 3:30p-5:30p 11/16/2020- 5/21/2021		1 lane open for lap swim	Seaman Swim Team 3:30p-5:30p 11/16/2020- 5/21/2021		1 lane open for lap swim	Seaman Swim Team 3:30p-5:30p 11/16/2020- 5/21/2021	
		Swim Lesson s 6:00p- 7:30p	Capital City Swim Club 5:30p-8:00p 5 lanes		Swim Lesson s 6:00p- 7:30p	Capital City Swim Club 5:30p-8:00p 5 lanes		Swim Lesson s 6:00p- 7:30p	Capital City Swim Club 5:30p-8:00p 5 lanes		Swim Lesson s 6:00p- 7:30p	Capital City Swim Club 5:30p-8:00p 5 lanes
POOL CLOSSES AT 7:45pm (mon-fri)										pool closes 5:45pm (sat)		

Group Exercise Schedules are online at
www.greatlifetopeka.com/-fitness-classes

Group Exercise classes open to Fitness Plus, Lifestyle and Play Everything Members

\$5 & \$10 Fitness Only memberships DO NOT include Group Exercise Classes

update 8/1/20

