



The Hill Y in Westminster | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Program in Progress Gymnasium				1:00PM-3:30PM (Gym)	6:30AM-7:00AM (Gym) 1:00PM-2:00PM (Gym)	10:15AM-1:00PM (Gym)	
Open Gym Gymnasium				3:30PM-7:00PM (Gym)	2:00PM-6:00PM (Gym)	1:00PM-6:45PM (Gym)	1:00PM-6:45PM (Gym)
Stay & Play Stay & Play Room				4:15PM-7:30PM (Stay & Play)	9:00AM-12:00PM (Stay & Play) 4:15PM-7:30PM (Stay & Play)	9:00AM-12:00PM (Stay & Play)	9:00AM-12:00PM (Stay & Play)
Total Body Studio				4:30PM-5:30PM (Strength) <i>Stephanie G.</i>			
Lap Swim (3 lanes) Lap Pool				4:30PM-5:30PM (Pool)	11:00AM-12:30PM (Pool)	1:45PM-6:45PM (Pool)	8:00AM-9:00AM (Pool)
Lap Swim (1 lane) Lap Pool				5:30PM-7:00PM (Pool)	9:00AM-10:00AM (Pool) 6:30PM-7:45PM (Pool)	9:00AM-9:45AM (Pool)	4:30PM-6:45PM (Pool)
Pilates Multipurpose Room				5:45PM-6:30PM (Mind-Body) <i>Stephanie G.</i>	10:30AM-11:30AM (Mind-Body) <i>Ristin L.</i>		
Cycle Y Velocity Zone				6:00PM-7:00PM (Cardio) <i>Denise M.</i>	6:00AM-7:00AM (Cardio) <i>Angela N.</i>		9:00AM-10:00AM (Cardio) <i>Denise M.</i>
Zumba Studio				6:00PM-7:00PM (Dance) <i>Alexandra S.</i>			
Cardio Kickboxing Multipurpose Room				6:45PM-7:30PM (Cardio) <i>Jen A.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Gym Gymnasium				7:00PM-9:45PM (Gym)	5:00AM-6:30AM (Gym) 11:00AM-1:00PM (Gym) 7:00PM-9:45PM (Gym)	7:00AM-10:15AM (Gym)	7:00AM-8:00AM (Gym) 11:00AM-1:00PM (Gym)
Lap Swim (2 lanes) Lap Pool				7:45PM-9:00PM (Pool)	10:00AM-11:00AM (Pool) 5:30PM-6:30PM (Pool)	11:30AM-1:45PM (Pool)	9:00AM-10:00AM (Pool) 10:45AM-11:30AM (Pool)
Open Swim (1 lane) Lap Pool				7:45PM-9:00PM (Pool)			
Lap Swim (6 lanes) Lap Pool				9:00PM-9:45PM (Pool)	5:00AM-8:45AM (Pool)	7:00AM-8:45AM (Pool)	7:00AM-7:50AM (Pool)
Pickup Pickleball (All Levels) Gymnasium					7:00AM-11:00AM (Pickup Sports)		8:00AM-11:00AM (Pickup Sports)
Water Fitness Lap Pool					9:00AM-9:45AM (Water Exercise) <i>Susan K.</i>	9:00AM-9:45AM (Water Exercise) <i>Susan K.</i>	10:45AM-11:30AM (Water Exercise) <i>Jen A.</i>
Little Movers (Parent/Child) Multipurpose Room					9:00AM-9:30AM (Movement)		
Move Together Studio					9:30AM-10:15AM (Cardio) <i>Renee W.</i>		
Little Movers (Preschool-age) Multipurpose Room					9:45AM-10:15AM (Movement)		
Water Fitness Combo Lap Pool					10:00AM-10:45AM (Water Exercise) <i>Susan K.</i>		
Cardio Dance Studio					10:30AM-11:15AM (Cardio) <i>Renee W.</i>		
Les Mills BODYCOMBAT Studio					11:30AM-12:00PM (Cardio) <i>Jen A.</i>	10:30AM-11:15AM (Cardio) <i>Stephanie G.</i>	
Everfit Multipurpose Room					11:30AM-12:30PM (Strength) <i>Stephanie G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (4 lanes) Lap Pool					12:30PM-5:30PM (Pool) 7:45PM-9:45PM (Pool)		10:00AM-10:30AM (Pool) 11:30AM-1:00PM (Pool) 12:30PM-4:25PM (Pool)
Open Swim (2 lanes) Lap Pool					12:30PM-5:30PM (Pool) 7:45PM-9:45PM (Pool)		
Barre Studio					4:30PM-5:30PM (Strength) <i>Stephanie G.</i>		
Pickup Basketball Gymnasium					6:00PM-7:00PM (Pickup Sports)		
Les Mills BODYPUMP Multipurpose Room						7:45AM-8:45AM (Strength) <i>Barb K.</i>	8:00AM-9:00AM (Strength) <i>Karen L.</i>
Yoga Studio						8:00AM-9:00AM (Mind-Body) <i>Karen G.</i>	10:30AM-11:30AM (Mind-Body) <i>Ristin L.</i>
Family Swim (2 lanes) Lap Pool						1:00PM-1:45PM (Pool)	12:30PM-6:25PM (Pool)
Family Swim (3 lanes) Lap Pool						1:45PM-6:45PM (Pool)	
Everfit Studio							9:15AM-10:15AM (Strength) <i>Patricia H.</i>
STRONG Nation Multipurpose Room							9:15AM-10:15AM (Cardio) <i>Jenni C.</i>
Zumba Multipurpose Room							10:30AM-11:30AM (Dance) <i>Jenni C.</i>



The Y Swim Center in Randallstown | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim (3 lanes) Lap Pool				2:00PM-2:45PM (Pool)	10:45AM-4:15PM (Pool)		
Water Fitness Lap Pool				3:00PM-3:45PM (Water Exercise) <i>Celina S.</i> 4:00PM-4:45PM (Water Exercise) <i>Celina S.</i>	6:00AM-6:45AM (Water Exercise) <i>Tracy H.</i> 7:00AM-7:45AM (Water Exercise) <i>Karen W.</i> 8:00AM-8:45AM (Water Exercise) <i>Karen W.</i> 9:00AM-9:45AM (Water Exercise) <i>Celina S.</i> 10:00AM-10:45AM (Water Exercise) <i>Celina S.</i>		8:15AM-9:00AM (Water Exercise) <i>Genia B.</i>
Program in Progress (1 lane) Lap Pool				5:00PM-6:30PM (Pool)			
Program in Progress (4 lanes) Lap Pool				5:00PM-7:30PM (Pool)			
Lap Swim (4 lanes) Lap Pool					5:00AM-6:00AM (Pool)		
Open Swim (2 lanes) Lap Pool					5:00AM-6:00AM (Pool)	8:00AM-9:00AM (Pool)	
Open Swim (4 lanes) Lap Pool					6:00AM-7:00AM (Pool)	6:00AM-7:00AM (Pool)	
Lap Swim (2 lanes) Lap Pool					6:00AM-11:00AM (Pool)		8:00AM-11:30AM (Pool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (3 lanes) Lap Pool					10:45AM-5:00PM (Pool) 12:30PM-3:45PM (Pool) 5:00PM-7:45PM (Pool)	8:00AM-9:00AM (Pool)	
Program in Progress (2 lanes) Lap Pool						9:00AM-12:30PM (Pool)	9:10AM-11:30AM (Pool)
Community Swim (3 lanes) Lap Pool						12:30PM-3:30PM (Pool)	
Family Swim (3 lanes) Lap Pool						12:30PM-3:30PM (Pool)	
Family Swim (2 lanes) Lap Pool							9:00AM-11:45AM (Pool)



The Ward Y in Abingdon | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Program in Progress (4 lanes) Lap Pool				3:00PM-7:00PM (Pool)	3:00PM-7:45PM (Pool)		
Lap Swim (2 lanes) Lap Pool				3:00PM-7:30PM (Pool) 7:30PM-7:45PM (Pool)	12:00PM-12:45PM (Pool) 3:00PM-5:00PM (Pool)		
Program in Progress Court 2				3:30PM-8:00PM (Gym)	12:00PM-1:00PM (Gym) 3:30PM-4:45PM (Gym)	9:00AM-3:00PM (Gym)	10:00AM-12:00PM (Gym)
Program in Progress Court 1				3:30PM-8:00PM (Gym)	3:30PM-4:45PM (Gym)	9:00AM-3:00PM (Gym)	
Program in Progress (whole pool) Family Pool				4:20PM-6:50PM (Pool)	10:00AM-12:20PM (Pool) 4:30PM-6:20PM (Pool)	9:10AM-12:20PM (Pool)	
Stay & Play Stay & Play Room				4:30PM-8:00PM (Stay & Play)	8:30AM-12:00PM (Stay & Play) 4:30PM-7:30PM (Stay & Play)	8:30AM-1:00PM (Stay & Play)	8:30AM-12:00PM (Stay & Play)
Familyhood Chef Lobby				5:00PM-7:00PM (Familyhood)			
Les Mills SPRINT Y Velocity Zone				5:15PM-5:45PM (Cardio) <i>Karen H.</i>		8:00AM-8:30AM (Cardio) <i>Lauren D.</i>	9:00AM-9:30AM (Cardio) <i>Lauren D.</i>
Core Work Multipurpose Room				6:00PM-6:45PM (Strength) <i>Karen H.</i>			
Yoga Studio 1				6:15PM-7:15PM (Mind-Body) <i>Sarah B.</i>			
Zumba Multipurpose Room				7:00PM-8:00PM (Dance) <i>Daie H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Fitness Lap Pool				7:00PM-7:45PM (Water Exercise) <i>Erin S.</i>			
Open Swim (whole pool) Family Pool				7:00PM-9:30PM (Pool)	5:00AM-9:00AM (Pool) 6:20PM-9:30PM (Pool)	7:00AM-9:00AM (Pool) 5:00PM-6:30PM (Pool)	7:00AM-9:00AM (Pool) 5:00PM-6:30PM (Pool)
Program in Progress (1 lane) Lap Pool				7:30PM-8:10PM (Pool)	5:00PM-5:40PM (Pool)		9:20AM-11:40AM (Pool)
Lap Swim (4 lanes) Lap Pool				7:45PM-8:10PM (Pool)			
Pickup Indoor Soccer Court 2				8:00PM-9:45PM (Pickup Sports)			
Pickup Indoor Soccer Court 1				8:00PM-9:45PM (Pickup Sports)			
Lap Swim (6 lanes) Lap Pool				8:10PM-9:45PM (Pool)	5:00AM-12:00PM (Pool) 12:45PM-3:00PM (Pool) 7:50PM-9:45PM (Pool)	8:45AM-6:45PM (Pool)	12:10PM-6:45PM (Pool)
Pickup Basketball Court 2					5:00AM-12:00PM (Pickup Sports)		
Pickup Basketball Court 1					5:00AM-12:00PM (Pickup Sports) 7:00PM-9:45PM (Pickup Sports)	3:00PM-6:45PM (Pickup Sports)	9:00AM-1:00PM (Pickup Sports)
Les Mills PILATES Studio 1					5:45AM-6:30AM (Mind-Body) <i>Marie B.</i>		
Aqua Arthritis Family Pool					9:00AM-9:45AM (Water Exercise) <i>Kim B.</i>		
Flexibility Multipurpose Room					9:00AM-9:45AM (Mind-Body) <i>Valerie W.</i>		
Yoga Chair Multipurpose Room					10:00AM-11:00AM (Mind-Body) <i>Valerie W.</i>		
Pickup Pickleball (All Levels) Court 1					12:00PM-3:30PM (Pickup Sports)		3:30PM-6:45PM (Pickup Sports)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Fitness Combo Lap Pool					12:00PM-12:45PM (Water Exercise) <i>Erin S.</i>		
Family Swim Family Pool					12:30PM-4:30PM (Pool)		12:20PM-5:00PM (Pool)
Pickup Pickleball (All Levels) Court 2					1:00PM-3:30PM (Pickup Sports)		3:30PM-6:45PM (Pickup Sports)
Open Gym Court 1					4:45PM-7:00PM (Gym)	7:00AM-9:00AM (Gym)	7:00AM-9:00AM (Gym) 1:00PM-3:15PM (Gym)
Lap Swim (1 lane) Lap Pool					5:00PM-7:45PM (Pool)		
Circuit Training Multipurpose Room					5:15PM-6:00PM (Cardio) <i>Dara W.</i>		
Les Mills BODYPUMP Multipurpose Room					6:15PM-7:15PM (Strength) <i>Dara W.</i>	10:00AM-11:00AM (Strength) <i>Karen H.</i>	9:00AM-10:00AM (Strength) <i>Edward M.</i>
Open Gym Court 2						7:00AM-9:00AM (Gym) 3:00PM-6:45PM (Gym)	7:00AM-9:45AM (Gym)
Lap Swim (3 lanes) Lap Pool						7:00AM-8:45AM (Pool)	7:00AM-9:00AM (Pool)
Program in Progress (3 lanes) Lap Pool						7:15AM-8:45AM (Pool)	7:15AM-8:45AM (Pool)
Hip-Hop Step Studio 1						8:00AM-8:45AM (Cardio) <i>Audra B.</i>	
Les Mills BODYCOMBAT Multipurpose Room						8:00AM-8:45AM (Cardio) <i>Mariel B.</i>	
Barre Studio 1						9:00AM-10:00AM (Strength) <i>Mariel B.</i>	
Cycle Y Velocity Zone						9:00AM-9:45AM (Cardio) <i>Lauren D.</i>	
MixedFit Studio 1						10:15AM-11:15AM (Cardio) <i>Patience D.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim (whole pool) Family Pool						12:20PM-5:00PM (Pool)	
Lap Swim (5 lanes) Lap Pool							9:00AM-12:10PM (Pool)
Gentle Yoga Studio 1							9:30AM-10:30AM (Mind-Body) <i>Sarah B.</i>
Total Body Multipurpose Room							10:15AM-11:15AM (Strength) <i>Erin S.</i>
Pickup Badminton Court 2							12:00PM-3:30PM (Pickup Sports)



The Y Swim Center in Dundalk | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (4 lanes) Lap Pool					7:00AM-3:30PM (Pool)		
Water Walking (2 lanes) Lap Pool					7:00AM-10:00AM (Pool)		
Open Swim (2 lanes) Lap Pool					10:00AM-3:30PM (Pool)		8:00AM-10:30AM (Pool)
Community Swim (3 lanes) Lap Pool					3:30PM-7:45PM (Pool)	12:00PM-3:45PM (Pool)	
Lap Swim (3 lanes) Lap Pool					3:30PM-7:45PM (Pool)	8:00AM-12:00PM (Pool)	
Water Fitness Lap Pool						8:15AM-9:15AM (Water Exercise) <i>Genia B.</i>	
Program in Progress (1 lane) Lap Pool						9:15AM-2:30PM (Pool)	
Family Swim (2 lanes) Lap Pool						9:15AM-12:00PM (Pool)	
Lap Swim (2 lanes) Lap Pool						12:00PM-3:45PM (Pool)	8:00AM-10:30AM (Pool)
Program in Progress (2 lanes) Lap Pool							8:00AM-10:30AM (Pool)
Program in Progress (5 lanes) Lap Pool							10:30AM-12:00PM (Pool)
Open Swim (1 lane) Lap Pool							10:30AM-11:45AM (Pool)