



# AQUATICS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM			FITNESS SWIM 6:00AM-7:55AM		FITNESS SWIM 6:00AM-7:30AM		
7AM		FITNESS SWIM 7:30AM-7:55AM		FITNESS SWIM 7:30AM-7:55AM	FITNESS SWIM 7:30AM-7:55AM		FITNESS SWIM 7:30AM-8:55AM
8AM	AQUA COMBO 8:00AM-8:45AM	FITNESS SWIM 8:00AM-11:00AM AQUA RUNNING 8:00AM-8:45AM AQUA YOGA 8:45AM-9:20AM	AQUA COMBO 8:00AM-8:45AM	FITNESS SWIM 8:00AM-10:00AM AQUA RUNNING 8:00AM-8:45AM AQUA YOGA 8:45AM-9:20AM	AQUA RESISTANCE TRAINING 8:00AM-8:45AM		
9AM	FITNESS SWIM 9:00AM-1:00PM		FITNESS SWIM 9:00AM-10:00AM		FITNESS SWIM 9:00AM-1:00PM	LESSONS 9:00AM-12:15PM PARENT ASSISTED LESSONS 9:30AM-10:00AM	LESSONS 9:00AM-11:55AM
10AM	PARENT ASSISTED LESSONS 10:00AM-10:30AM FAMILY SWIM 10:30AM-11:00AM	FAMILY SWIM 10:00AM-11:00AM	FAMILY SWIM 10:00AM-11:00AM		PARENT ASSISTED LESSONS 10:00AM-10:30AM FAMILY SWIM 10:30AM-11:00AM		
11AM		FITNESS SWIM 11:00AM-1:00PM HYDROTHERAPY 11:15AM-12:00PM	FITNESS SWIM 11:00AM-1:00PM HYDROTHERAPY 11:15AM-12:00PM	FITNESS SWIM 11:00AM-1:00PM HYDROTHERAPY 11:15AM-12:00PM			
12PM							FITNESS SWIM 12:00PM-2:00PM
1PM	FITNESS SWIM 1:00PM-1:55PM RECREATION SWIM 1:00PM-2:00PM	FITNESS SWIM 1:00PM-1:55PM RECREATION SWIM 1:00PM-2:00PM	FITNESS SWIM 1:00PM-1:55PM RECREATION SWIM 1:00PM-2:00PM	FITNESS SWIM 1:00PM-1:55PM RECREATION SWIM 1:00PM-2:00PM	FITNESS SWIM 1:00PM-1:55PM RECREATION SWIM 1:00PM-2:00PM	BIRTHDAY PARTY 1:00PM-2:00PM YOUTH STROKE CORRECTION 1:15PM-2:00PM	BIRTHDAY PARTY 1:00PM-2:00PM
2PM	AQUA FIT 2:00PM-2:45PM		AQUA FIT 2:00PM-2:45PM		AQUA FIT 2:00PM-2:45PM	RECREATION SWIM 2:00PM-4:30PM	RECREATION SWIM 2:00PM-4:30PM
3PM	FITNESS SWIM 3:00PM-3:30PM PARENT ASSISTED LESSONS 3:00PM-3:30PM FAMILY SWIM 3:30PM-4:30PM	FITNESS SWIM 3:00PM-3:30PM	FITNESS SWIM 3:00PM-3:30PM PARENT ASSISTED LESSONS 3:00PM-3:30PM	FITNESS SWIM 3:00PM-3:30PM	FITNESS SWIM 3:00PM-3:30PM PARENT ASSISTED LESSONS 3:00PM-3:30PM		
4PM	LESSONS 4:30PM-7:45PM	LESSONS 4:30PM-7:15PM	LESSONS 4:30PM-7:15PM	LESSONS 4:30PM-7:15PM	LESSONS 4:30PM-7:45PM	FITNESS SWIM 4:30PM-6:30PM	FITNESS SWIM 4:30PM-6:30PM
5PM	PARENT ASSISTED LESSONS 5:00PM-5:30PM	PARENT ASSISTED LESSONS 5:30PM-6:00PM	PARENT ASSISTED LESSONS 5:00PM-5:30PM	PARENT ASSISTED LESSONS 5:30PM-6:00PM	PARENT ASSISTED LESSONS 5:00PM-5:30PM		
7PM	FAMILY SWIM 7:45PM-8:30PM	AQUA BOOTCAMP 7:15PM-8:00PM YOUTH STROKE CORRECTION 7:15PM-7:45PM	RECREATION SWIM 7:15PM-8:00PM YOUTH STROKE CORRECTION 7:15PM-7:45PM	H.I.I.T. H2O 7:15PM-8:00PM TEEN/ADULT LESSONS 7:15PM-7:45PM			
8PM	TEEN/ADULT LESSONS 8:00PM-9:00PM FITNESS SWIM 8:00PM-9:30PM	FITNESS SWIM 8:00PM-9:30PM	FITNESS SWIM 8:00PM-9:30PM	FITNESS SWIM 8:00PM-9:30PM	TEEN NIGHT SWIM 8:00PM-9:00PM		

## Winter 2019

- Fitness Swim
- Recreation Swim
- Family Swim
- Teen Night Swim
- Aqua Fitness
- Birthday Party
- Lessons
- Specialty Lesson
- ↕ Minimum 1 Lane
- Registration Required

**Fitness Swim:** When coming to one of our fitness swims, our lap pool is available for young adults, adults, and seniors to enjoy lane swimming in leisure, medium and fast paced options.

**Family Swim:** Families with children under 9 years of age are invited to use our Splash Pad, Teach Pool and Therapy Pool.

**Recreation Swim:** Enjoy access to our entire Aquatic Facility. All of our pools are open and all ages are welcome! All participants must adhere to our swim admission standards.



# AQUATICS

## REGISTERED CLASSES

### **Parent Assisted Lessons (30-minute lessons)**

For members ages 6 Months-2 Years.

Registration required.

An introductory class for babies/toddlers and parents.

### **Youth Stroke Correction (Minimum Swimmer Level)**

Designed to supplement swim strokes from the Swimmer and Star levels. Members only.

Registration required.

### **Teen/Adult Swim Lessons (Ages 13 years and up)**

Are you looking to learn better technique, or want to learn to swim? Our YMCA Swim Instructors will help! Members only.

Registration required.

### **Stars (45-minute lessons)**

**For members ages 6-12 years.**

Registration required. The YMCA Star Swimmer Program introduces the swimmer to a wide variety of swimming and water activity skills in a values based environment. The young swimmer is better able to select a satisfying path toward synchronized swimming, lifesaving, competitive swimming or leadership at the more advanced levels and be confident that the basic instruction has been sound. Water safety education and awareness is a component of instruction at all levels. This program consists of 7 levels: Star 1 to Star 7.

### **Lil' Dippers (30-minute lessons)**

For members ages 3-5 years. Registration required. YMCA Lil' Dippers is a values-based water activity program for preschool aged children, 3 to 5 years of age. The levels are Bobber, Floater, Glider, Diver, Surfer and Dipper.

### **Learn to Swim (30-minute lessons)**

For members ages 6-12 years. Registration required.

The YMCA Learn to Swim program is a four-level instructional program that introduces a series of easy to learn skills to the non-swimmer in a values based environment. Successful completion of the four level progressions indicates that the learner is capable of performing a variety of skills in shallow and deep water, including the fundamentals of the front crawl stroke. The levels are Otter, Seal, Dolphin, Swimmer.

### **Advanced Aquatics**

Our aquatic leadership and certification programs (including Bronze Medallion, Bronze Cross, Standard First Aid, National Lifeguard and Swim Instructor) provide the necessary training to become a lifeguard and swim instructor. Ask us for details.

### **Private Lessons**

A focused lesson with one of our swim instructors is a great way to complement a weekly swim lesson or provide the extra attention needed to achieve your or your child's swimming goals. These lessons are available in private and semi-private formats for members or non-members.

Ask Membership Services for details.



# AQUATICS

## REGISTERED CLASSES

### Hydrotherapy

Join us in our Functional mobility, joint and spinal stabilization along with postural awareness are the main objectives of this class. Perfect for members with arthritis, hip and knee replacements.

### Aqua Yoga

In this gentle and low impact activity, asanas are performed in our lap pool. This class aims to be more accessible to participants overcoming barriers to physical activity.

## DROP IN CLASSES

### Aqua Bootcamp

Challenge yourself with varying intensity intervals in a bootcamp style class.

### Aqua Combo

An invigorating water workout utilizing the shallow and deep ends of the pool.

### Aqua Fit

This class features first-class moves and awesome music followed by a relaxing deep muscle stretch in the warm water of the therapeutic pool.

### Aquatic Resistance Training

This low-impact class builds strength and stability by using aquatic equipment.

### Aqua Running

Are you tired of training outside? Come inside and cross-train in our beautiful pool for a fun but vigorous workout!

### H.I.I.T. H2O

Challenge yourself in the shallow or deep ends of the pool to this class that focuses on cardio conditioning and muscle strengthening.