



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 | | 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 HYDROTHERAPY 11:15AM-12:00PM | 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 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 FAMILY SWIM 3:30PM-4:30PM | | |
| 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.