



February 2012
INDOOR POOL
POOL AND AQUA CLASS SCHEDULE

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Lap Swim

Monday, Tuesday, Thursday, Friday 5am-4:30pm 2 lanes
Wednesday 5am-8:30pm 2 lanes
Saturday 8am-5:30pm 2 lanes
Sunday 1pm-5:30pm 2 lanes

Open Swim

Monday—Friday 5am-8:30pm***
Saturday 8am-5:30pm
Sunday 1pm-5:30pm

*Tuesday and Thursday evenings and Saturday mornings are swim lessons from 5:30pm-8:15pm. Please be mindful of the swim lessons program during Open Swim. Parents are responsible for child's safety. If a child cannot swim, then the parent MUST stay **within arm's reach** of the child.*

Swim Lessons

Tuesday, Thursday 5:30pm-8:30pm
Saturday 8:30am-12:15pm

Swim lessons must register at the front desk prior to the start of the session.
Semi-Private, Private, Home School, and Group lessons are offered.
Please see front desk for pricing and scheduling information.

Aqua Aerobics Schedule

Monday

10:30am Aqua Mix with Sarah
6:00pm Aqua Mix with Sherri/ Yvonne

Tuesday

9:30am Aqua Cardio with Anissa

Wednesday

10:30am Silver Splash with Lisa
6:00pm Aqua Mix with Sherri

Thursday

10:30am Aqua Mix with TBA
5:30pm Instructor's Choice with Yvonne

Friday

10:30am Aqua Yoga with Lisa

Saturday

10:30am Aqua Mix with Brandy

Aqua Class Descriptions:

AQUA CARDIO—water class focused on getting the heart rate up for a non-impact cardio workout
AQUA MIX—water class using both deep and shallow ends of the pool with optional floatation devices. Participants do not need to know how to swim but must be comfortable in deeper water.

AQUA YOGA – Blend the benefits of aquatic exercise with the beauty and flow of yoga technique.
Sure to increase flexibility.

DEEP WATER—water class using deep end of the pool with optional floatation devices. Participants do not need to know how to swim but must be comfortable in deeper water.

YMCA MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."