



# 2019 POOL SCHEDULE

Starting January 7

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Lap Swim 5:15-8:20am	Lap Swim 5:15-8:20am	Lap Swim 5:15-8:20am	Lap Swim 5:15-8:20am	Lap Swim 5:15-8:20am	Lap Swim 8:15-10:30	
FORCES Deep 8:25-10:00 H2O Bootcamp 8:25-9:25	FORCES Deep 8:25-10:00 H2O Bootcamp 8:25-9:25	FORCES Deep 8:25-10:00	FORCES Deep 8:25-10:00 H2O Bootcamp 8:25-9:25	FORCES Deep 8:25-10:00 H2O Bootcamp 8:25-9:25	Beginner swim Lessons \$ 10:30-11:15	
Aqua Attack 9:30-10:30	Aqua Attack 9:30-10:30	Aqua Attack 9:30-10:30	Aqua Attack 9:30-10:30	Aqua Attack 9:30-10:30	Water Power 11:30- 12:25	
Twinges/Adult Free Swim 10:30-11:15	WaterBabies \$ 10:30-11:00	Twinges/Adult Free Swim 10:30-11:15	WaterBabies \$ 10:30-11:00	Twinges/Adult Free Swim 10:30-11:15	Adult Free Swim 12:30-1:00	
Lap Swim 11:30-3:30	Lap Swim 11:00-2:00	Lap Swim 11:30-3:30	Lap Swim 11:00-2:00	Lap Swim 11:30-1:30	Fun Swim 1:15-3:15	Lap Swim 1:00- 2:30
	Adult Free Swim 2:00-3:00		Adult Free Swim 2:00-3:00	Montessori 1:30-2:30	Pool Party \$ 3:15-4:30	Fun Swim 3:00-4:45
	Preschool/ Beginner/ Intermediate Lesson II \$ 3:30-4:15		Preschool/ Beginner/ Intermediate Lesson II \$ 3:30-4:15	DIGGS 2:30-3:30	Pool Party \$ 5:45-7:00	
Outreach 4:15-5:00	Outreach 4:15-5:00	Outreach 4:15-5:00	Outreach 4:15-5:00	Swim Lesson Makeup 3:30-4:15		
Preschool/ Beginner/ Intermediate Lesson I \$ 5:00-5:45	Fun Swim * 5:00-5:45	Preschool/ Beginner/ Intermediate Lesson I \$ 5:00-5:45	Fun Swim * 5:00-5:45	Lap Swim/FIM 4:15-5:30		
S'wet 6:00-7:00	Preschool/ Beginner/ Intermediate Lesson \$ 5:45-6:30	S'wet 6:00-7:00	Preschool/ Beginner/ Intermediate Lesson \$ 5:45-6:30	TABAQUA 5:30-6:15		
Fun Swim * 7:00-7:45	DW Aerobics 6:30-7:30	Fun Swim * 7:00-7:45	DW Aerobics 6:30-7:30	Fun Swim 6:15-8:00		
Lap Swim 7:45-8:45	Lap Swim 7:45-8:45	Lap Swim 7:45-8:45	Lap Swim 7:45-8:45			

\$- There is an extra fee to participate in this program. Sign up at the front desk!

\*- There will be one lap lane for lap swim during these fun swim times.

### **WaterBabies**

Ages: 6 - 24 months. Parents accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water

### **Preschool Classes:**

Ages: 3-5 years old. Students develop comfort with underwater exploration and learn to safely exit the pool. This class lays the foundation that allows for a student's future progress in swimming.

### **Beginner Levels:** Ages 5 and up: Develops personal water safety and basic swimming skills in students of all ages.

Students develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water.

### **Intermediate Levels:** Ages 5 and up: Introduces and refines stroke technique in older students. Students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

### **H2O BOOTCAMP:**

This is a fun, fast-paced class that will test you cardio, strength and endurance limits through interval training. Instructors will use weights and noodles to challenge you from head to toe! In the shallow end of the pool.

### **Outreach Swim Lesson**

The YMCA has been given an opportunity to offer at risk students in our area life-saving swim lessons.

### **Lap Swim :**

A work out time for members who wish to use pool to swim laps or water jog. For ages 13 and up.

### **Fun Swim :**

Fun swim is an open swim time for members to enjoy the pool. All children must be signed in by an adult and pass the swim test to be left on their own. Children under 8 **must** be accompanied by an adult at all times.

### **Adult Free Swim:**

Free swim for adults who would like to enjoy some relaxing time in the pool. No lanes available for lap swim.

### **Aqua Attack:**

Have fun in the shallow water class that engages low impact exercises. However, low impact does NOT mean low energy! The Instructors will challenge you by blending HIIT, hardcore movements, and the use of various pool equipment for total body workouts! Members must be 13 years and older.

### **D W Aerobics ( Deep Water ):**

Deep water aerobics will take your water workout to a whole new level! Experience a water workout without your feet ever touching the bottom of the pool. This intense workout will work your entire body. You must be comfortable moving around in deep water with or without support to participate in this class. Floatation belts provided. Class size is limited to 25.

### **FORCES Deep:**

Focusing on Cardio, Core & Strength. Be ready for a non-stop, deep water workout meant to challenge each participant to exceed his/her norm for a healthier body. 90 Min Class

### **Water Power:**

A fantastic aqua aerobics class that will not only get your heart rate up but will work on building strength as well!

### **S'wet:**

Be prepared to get wet and sweat in this fun water fitness class. Your coach will instruct in many different formats from circuits, Tabata, intervals. Bands, balls and buoys will be incorporated to give you a challenging workout.

### **TWINGES :**

The YMCA and the Arthritis Foundation have developed a water exercise program to help you help yourself. Join us in our indoor, heated pool to experience relief from pain and stiffness caused by arthritis.

### **Tabaqua:**

A fast pace, calorie burning aerobics class that is a Tabata class in the water! Come for an intense interval workout that is a total body workout.

### **FIM:**

Friends in Motion- a class designed for 11-15 year olds with developmental needs.

**BP = Birthday times available for rent.**