



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Summer Pool Schedule 2018

**BOWLING FAMILY YMCA**

**Pool Schedule  
Summer 2018**

Schedule begins May 29 and is subject to change.

Multiple activities are often scheduled in this pool at the same time.

**Lap Swimming Tips**

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool.

**Directions**

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

**Speed**

Please try to choose a lane with swimmers that most nearly match your speed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am-8:30pm Lap Swim	5:30am-8:30pm Lap Swim	5:30am-8:30pm Lap Swim	5:30am-8:30pm Lap Swim	5:30am-7:30pm Lap Swim	8:00am-3:30pm Lap Swim	<b>Please note lap swim is available all day, but only guarantee 1 lane.</b>
	8:00-9:00 Cardio Kick Kathy	8:00-9:00 Splash & Build Mona	8:00-9:00 Silver Splash Kathy	8:00-9:00 Splash & Build Mona	8:00-9:00 Cardio Kick Kathy	8:00-9:30 Open Swim	
	9:00-10:00 Rapid Liquid Cardio Edith	9:00-10:00 Hiit It Hard Edith	9:00-10:00 Rapid Liquid Cardio Edith	9:00-10:00 Hiit it Hard Edith	9:00-10:00 Aqua dance Edith		
	10:00-12:30 Swim Lessons	10:00-12:30 Swim Lessons	10:00-12:30 Swim Lessons	10:00-12:30 Swim Lessons	10:00-12:30 Swim Lessons	9:30-12:30 Swim Lessons	
	12:30-1:30 Twinges & Hinges Mona	1:00-8:30 Open Swim	12:30-1:30 Twinges & Hinges Mona	1:00-8:30 Open Swim	12:30-1:30 Twinges & Hinges Mona	12:30-3:30 Open Swim	1:00-3:30 Lap Swim Open Swim
	2:00-8:30 Open Swim		2:00-8:30 Open Swim		2:00-7:30 Open Swim		
	4:45-7:45 Swim Lessons	4:45-7:45 Swim Lessons	4:45-7:45 Swim Lessons	4:45-7:45 Swim Lessons			
	2:00-8:30 Open Swim	5:30-6:30 Deep Water Exercise Mary	2:00-8:30 Open Swim	5:30-6:30 Deep Water Exercise Mary			
		1:00 - 8:30 Open Swim		1:00 -8:30 Open Swim			
<b>Please be courteous of the classes.</b>							

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5509 Will Ruth, El Paso, TX 79924

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Updated 05/03/18

**Monday/Friday – 8:00 am**

**Kathy Sarver**

Cardio Kick: This class is full of constant active movement and you will get your hair wet.

**Wednesday – 8:00 am**

**Kathy Sarver**

Silver Splash: A Silver Sneakers class utilizing splash kickboards for water exercise.

**Monday/Wednesday – 9:00 am**

**Edith Perez**

Rapid Liquid Cardio: Non – stop cardio challenges. This class is challenging and exciting – working in this liquid room will keep you inspired and wanting more!

**Friday – 9:00 am**

**Edith Perez**

Aqua dance: Water aerobics moves keep your heartbeat up along with music.

**Monday/Wednesday/Friday – 1:00 pm**

**Mona Keith**

Twinges & Hinges: The class will focus on low intensity and range of motion.

**Tuesday/Thursday – 8:00 am**

**Mona Keith**

Splash & Build: This class will focus on strength and conditioning.

**Tuesday/Thursday – 9:00 am**

**Edith Perez**

HIIT it Hard: This high, intensity, interval training class will push you to your limits.

**Tuesday/Thursday – 5:30 pm**

**Maria Ramos**

Deep Water Workout: This class is taught in the deep end of the pool, its' an active workout, you don't need to know how to swim, water belts will be worn.

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