



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Strength & Sculpt: This class will tone and sculpt your muscles.

Monday/Wednesday – 9:00 am – Juan ybarra

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 – Juan Ybarra

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

Monday/Wednesday/Friday – 1:00 pm – Spencer Roy

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

Tuesday/Thursday – 8:00 am – Mary Ramos

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

Tuesday – 9:00 am – Maria Morales

Agua Caliente: Latin music inspired class in the water. You'll burn calories and have fun.

Thursday – 9:00 am – Juan Ybarra

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

Tuesday/Thursday – 5:30 pm – Maria Morales

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.

Bowling Family YMCA

5509 Will Ruth, El Paso, TX 79924

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Summer Pool Schedule 2017

BOWLING FAMILY YMCA

Pool Schedule Summer 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule Begins June 1st and is subject to change.	5:30-8:30 Adult Lap Swim (4 lanes) Open Swim Water Exercise (1 lane)	5:30-8:30 Adult Lap Swim (4 lanes) Open Swim Water Exercise (1 lane)	5:30-8:30 Adult Lap Swim (4 lanes) Open Swim Water Exercise (1 lane)	5:30-8:30 Adult Lap Swim (4 lanes) Open Swim Water Exercise (1 lane)	5:30-7:30 Adult Lap Swim (4 lanes) Open Swim Water Exercise (1 lane)	8:00-3:30 Adult Lap Swim Guarantee (1) lane only	Please note lap swim is available all day, but only guarantee 1 lane.
Multiple activities are often scheduled in this pool at the same time.	8:00 -9:00 Cardio Kick Kathy	8:00 -9:00 Splash & Build Mary	8:00 -9:00 Silver Splash Kathy	8:00 -9:00 Splash & Build Mary	8:00 -9:00 Cardio Kick Kathy	8:00-10:00 Open Swim	
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.	9:00 – 10:00 Rapid Liquid Cardio Juan	9:00 – 10:00 Agua Caliente Maria	9:00 – 10:00 Rapid Liquid Cardio Juan	9:00 – 10:00 Hitt it Hard Juan	9:00 – 10:00 Aqua dance Juan		
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.	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 Open Swim	9:30-12:45 Swim Lessons	
Speed Please try to choose a lane with swimmers that most nearly match your speed.	12:30-1:30 Twinges & Hinges Spencer	1:30 - 8:30 Open Swim	12:30-1:30 Twinges & Hinges Spencer	1:30 - 8:30 Open Swim	12:30-1:30 Twinges & Hinges Spencer	1:00-3:30 Open Swim	1:00-3:30 Lap Swim Open Swim
	1:30-8:30 Open Swim		1:30-8:30 Open Swim		1:30-7:30 Open Swim		
	5:30-7:45 Swim Lessons	5:30-7:45 Swim Lessons	5:30-7:45 Swim Lessons	5:30-7:45 Swim Lessons			
	1:30-8:30 Open Swim	5:30-6:30 Deep Water Exercise Maria	1:30-8:30 Open Swim	5:30-6:30 Deep Water Exercise Maria			
		1:30 - 8:30 Open Swim		1:30 - 8:30 Open Swim			
Please be courteous of the classes.							

Updated 5/4/2017