



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL POOL SCHEDULE 2017

## WESTSIDE FAMILY YMCA

**\*\*LAP LANES MAY BE LIMITED DURING AQUA FITNESS and SWIM LESSONS\*\***

A 10-minute pool break will occur each hour. All patrons, except lap swimmers, must exit the pool at this time.

### Pool Schedule Fall 2017

Schedule Begins  
**September 11th** 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
	5:00-5:45am Deep Water with Val	5:00-5:45am Deep Water with Val	5:00-5:45am Deep Water with Val			<b>Please Note: Lap swim is available everyday, but may only be 1 lane or may not be available for an hour, due to swim lessons</b>
5:00-8:00am Lap/Open Swim	5:00-8:00am Lap/Open Swim	5:00-8:00am Lap/Open Swim	5:00-8:00am Lap/Open Swim	5:00-8:00am Lap/Open Swim	7:00-8:00am Lap/Open Swim	
8:00-9:00am Water Fitness with Nora	8:00-9:00am Water Fitness with Nora	8:00-9:00am Water Fitness Wake- up with Ivonne	8:00-9:00am Water Fitness with Nora	8:00-9:00am Water Wake-up with Ivonne	8:00-9:00am Aqua Cardio with Val	
9:00-10:00am Aqua Cardio with Val	9:00am-4:00pm Lap/Open Swim	9:00-10:00am Water Fitness with Nora	9:00am-4:00pm Lap/Open Swim	9:00-10:00am Aqua Cardio with Val	9:00-10:00am Pi Yo Chi with Val (Small Pool)	9:00am- 3:30pm Lap/Open Swim
10:00am-4:00pm Lap/Open Swim		10:00am-4:00pm Lap/Open Swim			9:15am-12:15pm Swim Lessons	
4:00-8:00pm Swim Lessons	4:00-8:00pm Swim Lessons	4:00-8:00pm Swim Lessons	4:00-8:00pm Swim Lessons	10:00am- 7:30pm Lap/Open Swim	12:15-4:30pm Lap/Open Swim	
	7:00-8:00pm Pi Yo Chi with Val (Small Pool)		7:00-8:00pm Pi Yo Chi with Val (Small Pool)			
8:30-9:30pm Lap/Open Swim	8:30-9:30pm Lap/Open Swim	8:30-9:30pm Lap/Open Swim	8:30-9:30pm Lap/Open Swim			

**Please be courteous to the classes.**

### Westside Family YMCA

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## FITNESS DESCRIPTIONS

Deep Water: \*Tuesday, Wednesday, and Thursday mornings

Full cardio workout, an invigorating way to wake up in the morning!

Aqua Cardio: \*Monday, Friday, and Saturday mornings

Non-stop cardio challenges! This class is challenging and exciting- working out in the water will keep you inspired and wanting more! This class uses a variety of equipment and music.

Water Fitness: \*Monday, Tuesday, Wednesday, and Thursday mornings

This class focuses on low to medium intensity and range of motion, using a variety of equipment!

Water Wake-Up: \*Wednesday and Friday mornings

This class is a low impact and moderate cardio workout. This is a fun and cheerful way to start your day!

Aqua Pi Yo Chi: \*Tuesday and Thursday evenings and Saturday mornings

This class incorporates Yoga, Pilates and Tai Chi in the water. This class is slow and relaxing, all while building core muscle strength! This class takes place in the small pool.