



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL POOL SCHEDULE 2018

LAP LANES MAY BE LIMITED DURING AQUA FITNESS, SWIM LESSONS, SWIM TEAM & DAY CAMP

Pool Schedule

Fall 2018

Schedule Begins September 16th 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
5:00a-9:30pm Lap Swim	5:00a-9:30pm Lap Swim	5:00a-9:30pm Lap Swim	5:00a-9:30pm Lap Swim	5:00a-7:30pm Lap Swim	7:00a-4:30pm Lap Swim	
5:00a-8:00am Open Swim		5:00a-8:00am Open Swim		5:00a-8:00am Open Swim		
7:00-8:00am Aqua Cardio with Val	5:00a-8:00am Open Swim	8:00-9:00am Water Wake-up with Ivonne	5:00a-8:00am Open Swim	7:00-8:00am Aqua Cardio with Val		
8:00-9:00am Water Fitness with Nora	8:00-9:00am Water Fitness with Nora	9:00-10:00am Water Fitness with Nora	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	
10:30am-9:30pm Open Swim	9:30am-9:30pm Open Swim	10:30am-9:30pm Open Swim	9:30am-9:30pm Open Swim	10:30am-7:30pm Open Swim	9:00-10:00am Pi Yo Chi with Val (Small Pool)	9:00am-3:30pm Lap/ Open Swim
	5:45p-6:45pm Deep Water Aqua Cardio With Val		5:45p-6:45pm Deep Water Aqua Cardio With Val		9:00a-12:30pm Swim Lessons	
4:30-7:30pm Swim Lessons	4:30-7:30pm Swim Lessons	4:30-7:30pm Swim Lessons	4:30-7:30pm Swim Lessons		10:00-4:30pm Open Swim	
	7:00-8:00pm Pi Yo Chi with Val (Small Pool)		7:00-8:00pm Pi Yo Chi with Val (Small Pool)			Please Note: Lap swim is available every day, but may only be 1 lane.
7:30-8:30pm Swim Team Prep		7:30-8:30pm Swim Team Prep				

Please Note:

Lap swim is available every day, but may only be one lane. If water fitness classes have over 22 participants, lap swimming will be closed until class is over.

Westside Family YMCA

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FITNESS DESCRIPTIONS

Deep Water Aqua Cardio: * Tuesday and Thursday

Class focuses on muscular strengths motions that works the body's major muscle groups as well as motions that work the core and balance. Float belts will be worn, various equipment will be used, high energy music will be played and it will be a blast to exercise your way to a healthy heart AQUA CARDIO style!

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.