



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER POOL SCHEDULE 2017

## WESTSIDE FAMILY YMCA

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

### Pool Schedule Summer 2017

Schedule Begins June 5th and is subject to change.

Summer Swim Team begins June 5<sup>th</sup>.

**\*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
5:00-7:00am Lap/Open Swim	5:00-5:45am Deep Water with Val	5:00-5:45am Deep Water with Val  5:00-7:00am Lap/Open Swim	5:00-5:45am Deep Water with Val	5:00-7:00am Lap/Open Swim	7:00-8:00am Lap/Open Swim	<b>Please Note: Lap swim is available everyday, but may only be 1 lane</b>
7:00-8:00am Aqua Cardio with Val	5:00-8:00am Lap/Open Swim	7:00-8:00am Water Fitness with Nora	5:00-8:00am Lap/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	8:00-9:00am Water 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	
9:00-12:00pm Swim Lessons	9:00-12:00pm Swim Lessons	9:00-12:00pm Swim Lessons	9:00-12:00pm Swim Lessons	9:00-4:00pm Lap/Open Swim	9:00-10:00am Pi Yo Chi with Val (Small Pool)  9:30-1:00pm Swim Lessons	9:00-3:30pm Lap/ Open Swim
12:00-4:00pm Lap/Open Swim	12:00-4:00pm Lap/Open Swim	12:00-4:00pm Lap/Open Swim	12:00-4:00pm Lap/Open Swim		1:00-4:30pm Lap/Open Swim	
12:45-3:45pm Day Camp Swim	12:45-3:45pm Day Camp Swim	12:45-3:45pm Day Camp Swim	12:45-3:45pm Day Camp Swim	12:45-3:45pm Day Camp Swim		
4:00-7:40pm Swim Lessons	4:00-7:40pm Swim Lessons  7:00-8:00pm Pi Yo Chi with Val (Small Pool)	4:00-7:40pm Swim Lessons	4:00-7:40pm Swim Lessons  7:00-8:00pm Pi Yo Chi with Val (Small Pool)	3:45-7:30pm Lap/Open Swim		
7:00-8:00pm Swim Team	7:00-8:00pm Swim Team	7:00-8:00pm Swim Team	7:00-8:00pm Swim Team			
8:00-9:30pm Lap/Open Swim	8:00-9:30pm Lap/Open Swim	8:00-9:30pm Lap/Open Swim	8:00-9:30pm Lap/Open Swim			

**Please be courteous to the classes.**

### Westside Family YMCA

7145 N Mesa El Paso, Texas 79912

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Updated 3/27/2017



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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.

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