



# WESTSIDE FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WINTER POOL SCHEDULE 2021

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

### Winter 2021

Schedule Begins  
01Oct2021 and is  
subject to change.

### Lap Swim 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.

### 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.

### Please Note: STEAM ROOM USE

Steam Room use is ad-  
vised at no more than 20  
min per person. Please be  
considerate of other mem-  
bers when using the  
steam room as we are still  
trying to allow for social  
distancing as needed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00–8:00am Lap Swim Sm Pool Open	5:00–8:00am Lap Swim Sm Pool Open	5:00–8:00am Lap Swim Sm Pool Open	5:00–8:00am Lap Swim Sm Pool Open	5:00–8:00am Lap Swim Sm Pool Open	8:00-9:00am 8:00 Aqua AOA w/Nora** Lap Swim (1) Sm Pool Open	<b>CLOSED</b>
8:00 - 9:00am 8:00 Aqua Cardio w/Scott** Lap Swim (1) Sm Pool Open	8:00 - 9:00am 8:00 Strength w/Valerie** Lap Swim (1) Sm Pool Open	8:00 - 9:00am 8:00 Aqua Move w/Nora** Lap Swim (1) Sm Pool Open	8:00 - 9:00am 8:00 Aqua AOA w/Nora** Lap Swim (1) Sm Pool Open	8:00 - 9:00am 8:00 Aqua Cardio w/Valerie** Lap Swim (1) Sm Pool Open	9:00-12:00am Lap Swim (1) Swim Lessons (4 Lanes)	
9:00-12:00am Lap Swim (2) Swim Lessons (3) Sm Pool Open	9:00-12:00am Lap Swim (2) Swim Lessons (3) Sm Pool Open	9:00-12:00am Lap Swim (2) Swim Lessons (3) Sm Pool Open	9:00-12:00am Lap Swim (2)Swim Lessons (3) Sm Pool Open	10:10 - 12:00am Lap Swim Sm Pool Open	9:00 - 12:00pm Swim Lessons Sm Pool	<b>CLOSED</b>
12:10 - 2:00pm Lap Swim Sm Pool Open	12:10 - 2:00pm Lap Swim Sm Pool Open	12:10 - 2:00pm Lap Swim Sm Pool Open	12:10 - 2:00pm Lap Swim Sm Pool Open	12:10 - 2:00pm Lap Swim Sm Pool Open	12:10 - 2:00pm Lap Swim Sm Pool Open	
2:10 - 4:00pm Lap Swim Sm Pool Open	2:10 - 4:00pm Lap Swim Sm Pool Open	2:10 - 4:00pm Lap Swim Sm Pool Open	2:10 - 4:00pm Lap Swim Sm Pool Open	2:10 - 4:00pm Lap Swim Sm Pool Open	2:10 - 3:00pm Lap Swim Sm Pool Open	<b>CLOSED</b>
4:00 - 6:00pm Swim Lessons (3) Sm Pool & Lap Swim (2) Open	4:00 - 6:00pm Swim Lessons (3) Sm Pool & Lap Swim (2) Open	4:00 - 6:00pm Swim Lessons (3) Sm Pool & Lap Swim (2) Open	4:00 - 6:00pm Swim Lessons (3) Sm Pool & Lap Swim (2) Open	4:10 - 6:00pm Lap Swim Sm Pool Open	3:00–5:00pm Swim Team	
6:10 - 7:00pm Swim Team Sm Pool Open	6:10 - 7:00pm Swim Team Sm Pool Open	6:10 - 7:00pm Swim Team Sm Pool Open	6:10 - 7:00pm Swim Team Sm Pool Open	6:00–8:00pm Swim Team		
7:00-9:00pm Swim Team	7:00-9:00pm Swim Team	7:00-9:00pm Swim Team	7:00-9:00pm Swim Team			

### Please Note:

\*\*Lap swim is available every day, but may only be 1 lane or times as noted. Please be courteous to the classes.

During Water Fitness Classes there will be only 1 lap lane open regardless of number of participants.

The pool will close for 10 min at listed times for lifeguard break. Occasionally the lifeguards may need to call a break at non-listed times as well. We ask that all swimmers, except those involved in private lessons, please exit the pool and deck areas.

**Both Pools are available for rentals for private functions and parties. Please inquire at Desk for pricing.**

Revised 01Oct 2021



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# FITNESS DESCRIPTIONS

## Deep Water Aqua Cardio:

Class focuses on muscular strengths motion 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:

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.

## Aqua AOA :

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

## Aqua Zumba:

This class is a low impact and moderate cardio workout, add Zumba to the mix. This is a fun and cheerful way to start your day!

## Aqua Pi Yo Chi:

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.

## AOA Strength:

This class incorporates both cardio & movement while focusing on strength training with intensity and range of motion, using weights from 1-10lbs in the water. Working out in a variety of new challenges with great music to keep you moving!