

## JACUZZI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-1:00pm 1:15-9:00pm	7:00-1:00pm 1:45-9:00pm	7:00-9:00pm	7:00-1:45pm 2:30-9:00pm	7:00-1:00pm 1:45-7:30pm	8:00-2:30pm 3:15-4:30pm	8:30-2:30pm 3:15-4:30pm

## POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ADULT LEISURE</b>	7:00-8:15am 12:00-1:00pm 1:45-2:45pm 8:00-9:00pm	7:00-8:15am 12:00-1:00pm 2:30-3:45pm 8:00-9:00pm	7:00-8:15am 12:00-12:45pm 1:45-2:45pm 8:00-9:00pm	7:00-8:15am 12:00-1:00pm 2:30-3:45pm 8:00-9:00pm	7:00-7:30am 11:45-1:00pm 1:45-2:45pm	8:00-9:00am 1:20-2:20pm	8:30-9:30am 10:30-12:00pm
<b>FAMILY SWIM</b>	11:15-12:00pm 2:45-3:45pm 7:15-8:00pm	6:45-8:00pm	11:15-12:00pm 2:45-4:00pm 7:15-8:00pm	6:45-8:00pm	2:45-3:45pm 6:00-7:30pm	3:15-4:30pm	9:30-10:30am 3:15-4:30pm
<b>X-TIME SWIM</b>	<b>(Child must be signed in to X-Time Program)</b>		4:45-5:30pm				

### Pool Regulations

Please walk, do not run. The pool deck can be very slippery.  
 Diving is prohibited in all areas of the pool. Front facing, feet first jumps are allowed past the black line on the pool bottom and only when the lifeguard gives permission.  
 Only designated equipment is allowed during designated times.  
 There is no breath holding activities allowed.  
 There is no rough play in or around the pool.  
 No one is allowed in the pool area without a lifeguard present.  
 Please adhere to the whistle system:  
     One whistle – stop, look and listen.  
     Two whistles – swim to the closest side and sit on the edge, or exit the water.  
 The lifeguard on duty has the final authority.

### Age Requirements for Family Swim:

- All **Non-Swimmers and Beginner Swimmers** are required to have an adult in the water, no more than an arm's length away from the swimmer.
- 6 & Under – An Adult must be in the pool with the child during Family Swim regardless of ability.
- 7-10 – An Adult must remain in the pool area during Family Swim if the child has passed the Swim Test.
- 7-15-Children wishing to be in the pool alone must pass a Swim Test or have an adult in the water if they do not pass
- 11-15 – Teens may swim in the pool without an adult present after passing the Swim Test.

## Featured Programs

### Y-Life Team Challenge!

If you would like to get motivated to exercise and learn how to make healthier lifestyle choices within a fun, team oriented environment, then this popular 12-week program is for you. Participants will be teamed with other individuals and receive 24 group training sessions (over \$500 value!), fun group challenges and a thorough initial and final fitness assessment.

### Aquatic Teams

1 Hour Water Personal Training & 1 Hour Land Personal Training

*Members Only:* \$280 (payment needs to be made in full at time of registration)

### Water Personal Training

Work with a Certified YMCA Personal Training Instructor to develop an exercise program to meet your individual needs. Water workouts take place in our pool that has an average temperature of 87°. Trainings will be arranged around your schedule.  
*Please see Jackie Emrich for more information.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				7:30-8:15am Turbulence <i>Betsy</i>	<b>SATURDAY SPLASH</b> 9:00-10:00am  <b>September</b> 9/12 Cardio/Strength <i>Demi</i>  9/19 Noodle <i>Judy</i>  9/26 Walk/Run <i>Diane</i>  <b>October</b> 10/3 Turbulence <i>Betsy</i>  10/10 Interval <i>Denise T.</i>  10/17 Cardio/ Strength <i>Chuckie</i>  10/24 Run/Walk <i>Diane</i>	<b>Water Fitness For Families</b>  2:00-2:30pm <i>Diane</i>  September 20th  October 25th  November 22nd
8:15-9:15am 30 minute Cardio Fitness <i>Lori</i>	8:15-9:15am 20 minute Cardio Fitness <i>Judy</i>	8:15-9:15am 30 minute Cardio Fitness <i>Chuckie</i>	8:15-9:15am 20 minute Cardio Fitness <i>Judy</i>	8:15-9:15am Y-Life Team Challenge <b>Registration required</b>		
9:15-10:15am 30 minute Cardio Fitness <i>Demi</i>	9:15-10:15am 40 minute Cardio Fitness <i>Jackie</i>	9:30-10:15am Turbulence <i>Denise T.</i>	9:15-10:15am 40 minute Cardio Fitness <i>Lori</i>	9:15-10:15am 30 minute Cardio Fitness <i>Betsy</i>		
10:15-11:15am Therapeutic Workout <i>Demi</i>	11:15-12:00pm Arthritis Foundation <i>Mary Rose</i>	10:15-11:15am Therapeutic Workout <i>Denise T.</i>	11:15-12:00pm Arthritis Foundation <i>Denise T.</i>	10:15-11:15am Therapeutic Workout <i>Mary Rose</i>		
6:15-7:15pm Instructor's Choice <i>Lori</i>		6:15-7:15pm Y-Life Team Challenge <b>Registration Required</b>				

**Please select the class that is appropriate for your level.**

**Arthritis Foundation YMCA Aquatics Program** – This 45 minute class is a no impact workout designed by the Arthritis Foundation that uses range-of-motion exercises to develop muscle strength and endurance, reduce stress and tension, increase circulation and reduce pain.

**Therapeutic Workout** – Perfect for individuals recovering from an injury or those who would like to add cardio to their arthritis workouts. The class combines 15 minutes of light cardiovascular work with 20 minutes of range-of-motion and 15 minutes of strength training.

**Cardio Fitness** – This is a one-hour class the minutes refers to the number of minutes of cardiovascular conditioning the class has. 20 minutes, 30 and 40 minutes. Members should select a level that is appropriate for their level of fitness. Just starting out? Take a 20 minute cardio class. Need a bit more? Try 30 minutes and members requiring even more try 40 minutes. Instructors will give levels of intensity in all classes.

**Turbulence**– A 45 minute fast paced cardiovascular conditioning class. Plan to travel through the water and get splashed! Taught in deep/shallow water with energetic music to get you moving!

**Family Water Fitness**– A 30 minute class for children and their parents. This class meets once a month.

**SATURDAY SPLASH** – A one-hour class with different instructors and different formats each week. See white board for class descriptions, instructor and format of the week.

