

# aquatics class schedule

July 26 - August 22, 2010

Updated 7/22/2010

For lap & open swim availability, please see lap/open swim schedule.

Specialty classes start the week of June 14th

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30						
6:00	Aqua Early Birds		Aqua Early Birds			
6:30	6:00-6:50		6:00-6:50			
7:00		Aqua Boot Camp				
7:30		7:00-8:00				
8:00	Sports Performance	Sports Performance				Aqua Flex
8:30	8:00-9:30	8:00-9:30	Aqua Functional	SilverSplash	Aqua Action	7:45 -8:45
9:00	Aqua Fusion	Aqua Functional	8:30-9:30	8:30-9:30	8:30-9:30	
9:30		Mac Donald		Mac Donald		
10:00	Rondo D.C. Plus	Montessori	Swimming Lessons	Montessori	Swimming	
10:30	10:15-11:00	9:30-10:15	9:30-11:00	9:30-10:15	Lessons	
11:00	Randolf Heights	Rondo D.C.		Whole Child (A)	9:30-12:05	
11:30	11:00-11:45	JJ Hill		10:15-11:00		
12:00		11:00-11:45		Whole Child (B)		
12:30	Aqua Fusion	Aqua	Aqua Fusion	Water Walking		
1:00	12:00-1:00	Fit-N-Stretch	12:00-1:00	12:00-12:30		
1:30	Expo D.C.	Camp A	Youth Achievers	Camp A		
2:00	1:00-1:45	1:00-2:00	Program	1:00-2:00		
2:30	Camp B	Camp B	Camp B	Camp B		Stroke Dev.
3:00	2:00-3:00	2:00-3:00	2:00-3:00	2:00-3:00		2:15-3:30
3:30	Youth Achievers			Liberty Plaza		
4:00	Program	Piranhas Black	Piranhas Black	Open Swim Group		Adult Beginner
4:30	3:00-4:00	3:30-5:00	3:30-5:00	3:00-4:00		3:40-4:25
5:00				WSI Swim Group		Pre & Postnatal
5:30	Swimming Lessons	Piranhas Gold	Piranhas Gold	Masters Swimming		4:30-5:30
6:00	5:00-6:45	5:00-5:45	5:00-5:45	5:15-6:15		Water Walking
6:30		Pre & Postnatal	Swimming Lessons	Aqua Fit- Deep		5:30-6:00
7:00		6:00-7:00	6:00-7:30	6:30-7:30		Masters
7:30		Adult Beginner				Swimming
8:00		7:00-7:45				6:00-7:00
8:30						
9:00						

Please see reverse side for class descriptions and pool guidelines.

# Aquatics Class Offerings

## Water Fitness: (free to members)

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**Aqua Action:** Class combines stretching, deep and shallow water cardio and toning.

**AquaFit Deep:** Total body fitness in deep water with emphasis on core stabilization.

**Aqua Early Birds:** Class combines intervals with deep water cardio with toning.

**Aqua Fit-N-Stretch:** Combinations utilize water resistance to tone muscles and stretch in both deep and shallow water.

**Aqua Flex:** Combinations and transitions emphasize total body conditioning in deep and shallow water. Includes relaxation techniques.

**Aqua FUNctional:** Improve daily living activity and enhance sport performance.

**Aqua Fusion:** Class combines cardio intervals with fitness and strength training.

**Aqua Movin' It:** Class combines an aerobic and strengthening workout through dance that will challenge you each time.

**SilverSplash\*:** SilverSneakers water exercise class. You don't need to know how to swim. The class focuses on strength and balance in the water. Participants with arthritis or other joint conditions will find the non-impact workout invigorating.

## Specialty: (additional fees and/or advance registration required)

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**Aqua Boot Camp:** Fast paced high energy class involving circuits to improve stamina, strength, power and speed.

**Masters Swimming Training\*:** Includes a variety of sprint, mid-distance and distance sets involving drills, stroke work, kicking and more. Competitive swimming experience is not required. Must be able to complete 200 yards of front crawl. Free to members, but registration is required.

**Piranhas Swim Team:** Program is for beginner to advanced swimmers who are familiar with the four competitive strokes. Practices will include stroke mechanics, components of competitive starts and turns, and sprint/endurance training.

**Prenatal Fitness:** Designed for women that are at least 20 week pregnant, this class will help prepare your body for the remainder of your pregnancy, labor, and childbirth by strengthening and stretching muscles and increasing your cardiovascular endurance.

**Stroke Development:** Must be able to swim front crawl 2 lengths (1 length is 25 yds). Participants will perfect their front crawl and back crawl along with other strokes participants want help developing.

**Adult Beginner Lessons:** For beginner swimmers who want to become more comfortable in the water, and learn the basic swimming skills.

**Swimming Lessons:** Lessons are for youth 6 months to 15 years old to learn aquatic skills such as water exploration, aquatic fundamentals, stroke development, improvement and refinement.

**Water Walking for Strength and Healing:** Class uses therapeutic techniques to help with back, knee, shoulder pains, or neurological disorders, post surgery pain, and problems with balance. Class with help build balance, coordination, endurance and trunk stability.

## Pool Guidelines:

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No running on the pool deck.

No diving in the pool.

Proper swimwear is required (no jean shorts).

Jumping into the pool is allowed only from the white grates of pool wall. Jumps must be facing forward.

Spitting, spouting and nose blowing are prohibited in the pool.

No glass is allowed on the pool deck.

Children ages 14 years and younger must be actively supervised by an adult at all times while in the facility.

Those individuals ages 10 and younger must have a parent/guardian with them.

Children ages 10 and younger must have a parent/guardian (18 years of age or older) in the water with them at all times.

Children ages 4 and under, or who cannot touch the bottom of the pool, must be within arm's reach of a parent or guardian at all times.

Children who are not potty trained must wear plastic pants or swim diapers.

Circle swimming is required when there are 2 or more individuals in a lap lane.

No person(s) with or suspected of having a communicable disease which could be transmitted through the use of the pool.

The pool, hot tub, & sauna close 30 minutes prior to the facility closing for safety precautions.

## Equipment Guidelines:

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US Coast Guard approved life jackets only

Lifejackets are allowed anywhere in the pool – must be accompanied by adult.

Open swim equipment is restricted to noodles, barbells, lifejackets, flotation rafts and toys.

Flotation rafts are allowed in the shallow end of the pool. Noodles can be used in the deep end of the pool by individuals over the age of 15.

Youth barbells and Fins are for instructional use only.

## Important Dates:

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YWCA Health and Fitness Center is **Closed:** Sept. 6 **Shortened Hours:** None this time period

The pool, and spa will be **Closed:** Aug. 23 - Sept. 5

The Upper Locker Rooms will be **Closed:** Aug. 23 - Aug. 27