

aquatics

january 2011

important upcoming dates:

january 1: ywca closed
 january 2: winter-spring schedule begins
 january 17: martin luther king jr. day, ywca will be closed
 february 19: women's self-defense class, 11am-1pm
 april 23-24: easter weekend, ywca will be closed
 may 29-30: memorial weekend, ywca will be closed

swimming lessons: you may register for classes by phone using visa/mastercard/discover or in person. registrations for swim lessons are taken on a first-come first-served basis. children should be placed in classes according to their age and previous swim experience. generally, students spend two or three sessions in one level before moving on.

classes: saturdays for three consecutive weeks.
cost: \$12 member \$15 non-member

level one: students learn to feel comfortable in the water; some examples of skills include entering and exiting water safely, submerging mouth, nose and eyes, exhaling under water.

level two: students build on level one skills by expanding fundamental aquatic locomotion, beginning rhythmic breathing, floating and kicking on front and back.

level three: students begin combining skills to form coordinated swimming strokes and are introduced to elementary backstroke.

level four: students continue combining skills to form coordinated swimming strokes and are introduced to the butterfly.

**eliminating racism
 empowering women**
 ywca fitness & aquatics center

parent-tot: classes are designed to introduce your tot to the water. the 90-degree temperature eases fear associated with water. includes water adjustment, readiness skill instruction, songs, games and positive interaction between parent(s) and tot age 6 months to 2 years. tots need swimming diapers to participate.

classes: fridays or saturdays for three consecutive



swimming lessons and parent-tot schedule

fri sessions	jan 7, 14, 21	feb 11, 18, 25	apr 8, 15, 22
9:00-9:30am	parent-tot	parent-tot	parent-tot
sat sessions	jan 8, 15, 22	feb 12, 19, 26	apr 9, 16, 23
9:30-10:00am	parent-tot	parent-tot	parent-tot
10:00-10:30am	level 1	level 1/2 combo	level 2
10:30-11:00am	level 3	level 3	level 4

powercise: double the speed to get strength training plus cardio conditioning for a total body workout; held in the lap pool

monday	wednesday	friday
10:30-11:30am	10:30-11:30am	10:30-11:30am

arthritic ex: stretches and moves help relieve arthritis pain and stiffness, increase flexibility, range of motion, strength and balance; held in the therapy pool

monday	tuesday	wednesday	thursday	friday
6:15-7:00am	6:15-7:00am	6:15-7:00am	6:15-7:00am	6:15-7:00am
7:00-7:45am	7:00-7:45am	7:00-7:45am	7:00-7:45am	7:00-7:45am
8:00-8:45am	-	8:00-8:45am	-	8:00-8:45am
9:30-10:15am	9:30-10:15am	9:30-10:15am	9:30-10:15am	9:30-10:15am
10:30-11:15am	-	10:30-11:15am	-	10:30-11:15am
1:00-1:45pm	1:00-1:45pm	1:00-1:45pm	1:00-1:45pm	1:00-1:45pm

private swimming

lessons: during the 30-minute one-on-one session, our instructor will work with you or your child to help you meet your goals. you will be trained on proper form and stroke techniques to maximize results. for more information call 233-1750 ext. 242
cost: \$25 per session

march "friend fitness fridays": bring a friend in with you to work out or swim for free! (friends will need to fill out a non-member activity form before they work out)

facility schedule

january 2, 2010 - may 31, 2011

monday - friday (5:30am-8:00pm)

saturday (7:00am-2:00pm)

sunday (12:00-4:00pm)


swimming pool schedule

monday - friday (6:00am-7:30pm)

saturday (7:30am-1:30pm)

sunday (12:30-3:30pm)

open swim: families welcome for some relaxing free time in the water held during various times in the therapy and lap pools; please remember children under 12 must be accompanied by an adult (with the exception of wacky water works).

monday	tuesday	wednesday	thursday	friday	saturday	sunday
11:30am-1:00pm therapy pool	11:30am-1:00pm therapy pool	11:30am-1:00pm therapy pool	11:30am-1:00pm therapy pool	11:30am-1:00pm therapy pool	11:00am-1:30pm therapy pool and lap pool	1:30-3:30pm therapy pool and lap pool
2:00-4:00pm lap pool	2:00-4:00pm deep end of lap pool	2:00-4:00pm lap pool	2:00-4:00pm deep end of lap pool	2:00-4:00pm lap pool	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> saturday - sunday two lanes open for lap swimming (during non-lap swim times) </div>	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> monday - friday one lane open for lap swimming (during non-lap swim times) </div>
2:00-5:30 therapy pool	2:00-5:30 therapy pool	2:00-5:30 therapy pool	2:00-5:30 therapy pool	2:00-7:30 therapy pool		
5:45-6:45pm shallow end lap pool	5:45-6:45pm shallow end lap pool	5:45-6:45pm shallow end lap pool	5:45-6:45pm shallow end lap pool	2:00-7:30 therapy pool		
6:15-6:45pm therapy pool	6:15-6:45pm therapy pool	6:15-6:45pm therapy pool	6:15-6:45pm therapy pool	5:45-7:30pm lap pool		
6:45-7:15pm therapy pool and lap pool	6:45-7:15pm therapy pool and lap pool	6:45-7:15pm therapy pool and lap pool	6:45-7:15pm therapy pool and lap pool		<div style="text-align: right;">  </div>	

lap swim: dedicated lap swimming and water walking time; lap swimming etiquette is appreciated; held in the lap pool.

monday	tuesday	wednesday	thursday	friday	saturday	sunday
6:00-8:00am	6:00-8:00am	6:00-8:00am	6:00-8:00am	6:00-8:00am		
11:45am-2:00pm	11:45am-2:00pm	11:45am-2:00pm	11:45am-2:00pm	11:45am-2:00pm	7:30-11:00am	12:30-1:30pm
4:00-5:45pm	4:00-5:45pm	4:00-5:45pm	4:00-5:45pm	4:00-5:45pm		

aqua ex: enjoy the support and buoyancy of the water as you increase endurance and flexibility while strengthening muscles held in both the lap and therapy pools.

monday	tuesday	wednesday	thursday	friday
8:45-9:30am lap pool	-	8:45-9:30am lap pool	-	8:45-9:30am lap pool
-	10:30-11:15am lap pool	-	10:30-11:15am lap pool	
5:30-6:15pm therapy pool	5:30-6:15pm therapy pool	5:30-6:15pm therapy pool	5:30-6:15pm therapy pool	

h2o volleyball: pick-up style game, relaxed, show up and join in for a great way to add fun to your exercise routine; held in shallow end of the lap pool

tuesday	thursday
2:00-4:00pm	2:00-4:00pm

deep h2o: a non-impact cardio workout with decreased pressure on your spine to increase strength and flexibility held in the lap pool.

monday	tuesday	wednesday	thursday	friday
9:45-10:30am	9:45-10:30am	9:45-10:30am	9:45-10:30am	9:45-10:30am
5:45-6:45pm	5:45-6:45pm	5:45-6:45pm	5:45-6:45pm	

wacky water works:

a time for children ages 5-12 to swim in the therapy pool without an adult present.
cost: \$2.00 per child

parents must bring receipt from front desk to the pool and sign their children in with the life-guard on duty; parents must remain in building.

available during **therapy pool open swim** times only

pool parties: make a splash with your next birthday party, scout meeting or other event! pool parties are available year-round on fridays, saturdays or sundays*! **cost:** \$60 for up to ten children or \$75 for up to twenty children. includes one hour in pool and 30 min in party room. call 233-1750 ext 242 (*other days may be available depending on ywca pool schedule).