



AQUATIC SCHEDULE SOUTHWEST YMCA

January - May 2012

FACILITY HOURS

M - F 5:30 am - 10:00 pm
SAT 6:00 am - 8:00 pm
SUN 8:00 am - 7:00 pm

POOL HOURS

M - F 5:30 am - 9:30 pm
SAT 6:00 am - 7:30 pm
SUN 8:00 am - 6:30 pm

KIDS CORNER HOURS

M - F 8:00 am - 1:00 pm
4:00 pm - 7:30 pm
SAT 8:00 am - 1:00 pm
SUN 8:00 am - 1:00 pm

MONDAY

5:30 am - 7:45 am **Lap Swim**

7:45 am - 8:25 am **Recreational and Lap Swim**

8:30 am - 9:20 am **Aqua Fitness 2**
Kathy

9:30 am - 10:20 am **Aqua Fitness 1/Prenatal Aquatics** - Kathy

10:30 am - 11:30 am **Recreational and Lap Swim**

11:30 am - 1:25 pm **Lap Swim**

1:30 pm - 2:25 pm **Aqua Fitness 1**
Diane

2:25 pm - 3:15 pm **Recreational and Lap Swim**

3:20 pm - 5:00 pm **SWIMMING LESSONS** ★

5:00 pm - 6:00 pm **Lap Swim**

6:05 pm - 7:00 pm **Aqua Fitness 2**
Karen

7:05 pm - 8:00 pm **SWIMMING LESSONS** ★

8:00 pm - 9:30 pm **Recreational and Lap Swim**

TUESDAY

5:30 am - 7:50 am **Lap Swim**

7:50 am - 8:25 am **Recreational and Lap Swim**

8:30 am - 9:30 am **Aqua Fitness 1**
Carolie

9:30 am - 11:30 am **Recreational and Lap Swim**

11:30 am - 1:25 pm **Lap Swim**

1:30 pm - 2:15 pm **Arthritis Aquatics**
John

2:15 pm - 3:15 pm **Recreational and Lap Swim**

3:20 pm - 5:00 pm **SWIMMING LESSONS** ★

5:00 pm - 5:30 pm **Lap Swim (3 Lanes)**

5:30 pm - 6:30 pm **GATOR SWIM TEAM** ★

6:35 pm - 7:30 pm **SWIMMING LESSONS** ★

7:35 pm - 9:30 pm **Recreational and Lap Swim**

WEDNESDAY

5:30 am - 7:45 am **Lap Swim**

7:45 am - 8:25 am **Recreational and Lap Swim**

8:30 am - 9:20 am **Aqua Fitness 2**
Kathy

9:30 am - 10:20 am **Aqua Fitness 1/Prenatal Aquatics** - Kathy

10:30 am - 11:30 am **Recreational and Lap Swim**

11:30 am - 1:25 pm **Lap Swim**

1:30 pm - 2:25 pm **Aqua Fitness 1**
Diane

2:25 pm - 3:15 pm **Recreational and Lap Swim**

3:20 pm - 5:00 pm **SWIMMING LESSONS** ★

5:00 pm - 6:00 pm **Lap Swim**

6:05 pm - 7:00 pm **Aqua Fitness 2**
Rhonda

7:05 pm - 8:00 pm **SWIMMING LESSONS** ★

8:00 pm - 9:30 pm **Recreational and Lap Swim**

THURSDAY

5:30 am - 7:50 am **Lap Swim**

7:50 am - 8:25 am **Recreational and Lap Swim**

8:30 am - 9:30 am **Aqua Fitness 1**
Carolie

9:30 am - 11:30 am **Recreational and Lap Swim**

11:30 am - 1:25 pm **Lap Swim**

1:30 pm - 2:15 pm **Arthritis Aquatics**
John

2:15 pm - 3:15 pm **Recreational and Lap Swim**

3:20 pm - 5:00 pm **SWIMMING LESSONS** ★

5:00 pm - 5:30 pm **Lap Swim (3 Lanes)**

5:30 pm - 6:30 pm **GATOR SWIM TEAM** ★

6:35 pm - 7:30 pm **SWIMMING LESSONS** ★

7:35 pm - 9:30 pm **Recreational and Lap Swim**

FRIDAY

5:30 am - 7:45 am **Lap Swim**

7:45 am - 8:25 am **Recreational and Lap Swim**

8:30 am - 9:50 am **Aqua Fitness 2 with Water Pilates** - Kathy

10:00 am - 10:50 am **Aqua Yoga**
Camella

11:00 am - 12:00 pm **Recreational and Lap Swim**

12:00 pm - 1:25 pm **Lap Swim**

1:30 pm - 2:30 pm **Aqua Fitness 1**
John

2:30 pm - 5:30 pm **Recreational and Lap Swim**

5:30 pm - 6:30 pm **GATOR SWIM TEAM** ★

6:35 pm - 7:35 pm **Lap Swim**

7:40 pm - 9:30 pm **Recreational and Lap Swim**

SATURDAY

6:00 am - 8:25 am **Lap Swim**

8:30 am - 9:25 am **Aqua Fitness 2**
Rotating

9:30 am - 1:30 pm **SWIMMING LESSONS** ★

12:30 pm - 1:30 pm **GATOR SWIM TEAM** ★

1:45 pm - 7:30 pm **Recreational and Lap Swim**

SUNDAY

8:00 am - 10:00 am **Adult Lap Swim**

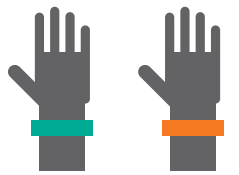
10:00 am - 12:00 pm **Lap Swim**

12:00 pm - 4:00 pm **Recreational and Lap Swim**

4:00 pm - 6:30 pm **Family Swim**

HAVE YOU BEEN SWIM TESTED?

All swimmers under 14 years of age need to be swim tested and need to wear either a **green (can swim)** or **orange (non-swimmer)** wristband. To be swim tested, please see the lifeguard.



Once you have been swim tested, we will keep your name on a list. On your next visit, just check in with the lifeguard and you will receive a new wristband. **No exceptions.**

ALL SWIMMERS PLEASE NOTE:

* Private Lessons may be in session during all Lap Swim, Recreational Swim, and Aqua Classes taught by the Southwest YMCA instructors. The Aquatics Department reserves the right to conduct trainings and drills anytime.

SOUTHWEST YMCA AQUATICS POOL RULES

YMCA Members are asked to read and follow ALL pool rules:

- Swimmers must shower before entering the water (this applies to all programs).
- No diving, running or horseplay.
- No food, gum, band-aids or glass items allowed on the deck.
- Long hair must be tied back or worn in a swim cap.
- Children under the age of three must wear a swim diaper.
- Swimmers must wear swim shorts or suit.
- Children under seven and children unable to swim must be accompanied by an adult in the water.
- Observers are not allowed on the pool deck during swim lessons.
- Flotation devices must be U.S. Coast Guard approved.

SWIM LESSONS

The Southwest YMCA offers a variety of classes for all ages. Pick up a Swim Lesson brochure for class days, times, levels, and fees.

HOW TO REGISTER:

Complete the Swim Lesson registration form (available at the Membership Desk) and submit with payment. Checks and credit cards will be accepted at registration. Facility members can sign up any time and program members can sign up two weeks prior to the session start date. Incomplete registrations will not be processed.



SWIM LESSON SESSIONS

- January 2 - January 28
- January 30 - February 25
- February 27 - March 24
- Spring Break (no lessons) March 26 - March 31
- April 2 - April 28
- April 30 - May 26

POOL CLOSES AT 8:00 PM

(Lifeguard In-Service)

- January 25
- February 22
- March 28
- April 25
- May 23

SOUTHWEST YMCA AQUATICS

The Southwest YMCA offers a wide variety of aquatics classes from traditional swim lessons to Arthritis Aquatics. We strive to accommodate all fitness levels in every class; you are always encouraged to work at your own pace. Please be on time to class to allow your body to warm up. Before starting any new exercise program please consult your physician.

INTENSITY LEVELS

The Southwest YMCA provides a variety of classes for our active older adults (50+), for those of all fitness capabilities and for anyone who is returning from an illness, injury or beginning an exercise/wellness program. We have classes for Light, Moderate/Challenging, and All Levels of intensity.

AQUATICS CLASS DESCRIPTIONS

Aqua Fitness 1/Prenatal Aquatics - Light

Aqua Fitness 1/Prenatal Aquatics is a water-based group exercise class that offers conditioning for all fitness levels. Water resistance is used to improve aerobic capacity, muscular endurance and flexibility. The class format allows members to choose an effort level appropriate for their fitness level. Ideal for members who are new to fitness, members who want to take a break from land-based conditioning, members who are pregnant, and those who love the water.

Aqua Fitness 2 - Moderate / Challenging

Aqua Fitness 2 is a high-energy, water-based group exercise class that offers challenging athletic training. Water resistance is used to improve aerobic capacity, muscular endurance and flexibility. The class is ideal for members looking for a rigorous alternative to land-based conditioning and for those who love to work out in the water.

Arthritis Aquatics - Light

Endorsed by the YMCA of the USA and the National Arthritis Foundation, this class provides an opportunity for members with arthritis, orthopedic limitations and other chronic medical conditions to exercise safely and effectively. Members are led through a 45-minute program which takes advantage of water's buoyancy and resistance to improve joint flexibility and relieve pain and stiffness.

Aqua Yoga - Light

Aqua Yoga incorporates the therapeutic environment of water with the ancient practices of yoga. Stretching, gentle movement, yoga postures, breathing exercises, and meditation increase strength, mobility, balance and flexibility while decreasing joint pain, stress and fatigue.

Lap Swim - All Levels

Lap swim provides a unique opportunity for swimmers to work at their own pace. Swimming is a great exercise; it increases aerobic capacity, muscular endurance and flexibility. Swimming provides an ideal workout - the perfect complement to other cardio and strength activities. Please be aware of basic lap swim etiquette. Choose a lane that is appropriate for your swim speed. Before entering a lane, always communicate with other swimmers. When there are three or more swimmers in a lane, you must circle swim, staying on the right side. Minimum age for lap swim is 11 (unless swimmer is able to swim one lap without stopping). During lap swim, water walkers may share slow lane.

Recreational Swim/Family Swim - All Levels

Recreational swim provides an opportunity for all members to enjoy the water. Part or all of the pool is open for members to have fun in the water. Children under the age of six must be accompanied by an adult. Remember to follow all pool rules and have fun.

★ Swim Lessons All Levels Preregistration Required

YMCAs have been teaching people to swim for more than a century. Our swim instructors are trained and certified Red Cross Water Safety Instructors and can teach lessons at all levels for children, youth and adults. Learn to be safe in the water and feel the sense of accomplishment that comes with learning a new skill. Progress at your own pace. We'll introduce you and your family to the fun of swimming and help you develop lifelong skills.

★ Gator Swim Team (Ages 6 - 17) Preregistration Required

Would you like to take your passion for swimming to the next level? Join the Southwest YMCA's Gator Swim Team. The Gator Swim Team is open to all youth ages 6 - 17 who meet the minimum requirements; tryouts are required. We encourage current Swim Lesson participants to join the Gator Swim Team after completing at least one session of the Advanced Youth level.

Minimum Requirements: Must be able to swim at least 50 yards of freestyle (with side breathing), backstroke, and breaststroke, and at least 25 yards of the butterfly stroke.

Tryout Process: Come to either the Tuesday or Thursday Gator Swim Team practice (see the Aquatics Schedule) and talk to one of the Gator Swim Team coaches. They will assist you with the tryout.

For more information about our Aquatics Programs, contact our Aquatics Director at 408 608 6838.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM FITNESS AQUA FUN

Aquatics Schedule

SOUTHWEST YMCA

January - May 2012



Help Change Lives



Join. Give. Volunteer.

To become a member, make a donation or volunteer your time, visit swymca.org or call 408 370 1877