



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY POOL SCHEDULE – Effective Feb. 6, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Pool Closed	7 am - 9:15 am Open Swim	7 am - 10:30 am Open Swim	7 am - 9:15 am Open Swim	7 am - 10:30 am Open Swim	7 am - 9:15 am Open Swim	Pool Closed	
	9:15-10:15 am Arthritis Exercise	10:30-11:15 am Silver Splash!®	9:15-10:15 am Arthritis Exercise	10:30-11:15 Silver Splash!®	9:15-10:15 am Arthritis Exercise		Mommie & Me LV 1-10:15-10:45 LV 2: 11-11:30
	10:15 am -1:30 pm Open Swim	11:15 am -1:30 pm Open Swim	10:15 am -1:30 pm Open Swim	11:15 am -1:30 pm Open Swim	10:15 am -1:30 pm Open Swim		11:30 am - 5 pm Open Swim
1:15 pm - 5 pm Open Swim	1:30 pm - 4 pm Pool Closed	1:30 pm - 4 pm Pool Closed	1:30 pm - 4 pm Pool Closed	1:30 pm - 4 pm Pool Closed	1:30 pm - 4 pm Pool Closed		
Pool Closed	4 pm - 8 pm Open Swim	Swim Lessons 4:00 - 6:30 pm	4 pm - 8 pm Open Swim	Swim Lessons 4:00 - 6:30 pm	4 pm - 8 pm Open Swim	Pool Closed	
		6:30 - 8 pm Open Swim		6:30 - 8 pm Open Swim			
	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed		

NO OPEN SWIM DURING ANY CLASSES OR LESSONS IN FAMILY POOL

Water Exercise Class Descriptions

Arthritis Exercise - Arthritis Foundation YMCA Aquatic Program (AFYAP) is a moderate exercise program for ambulatory people with arthritis which may sustain or improve muscular and joint mobility. Instructors are certified through the Arthritis Foundation and YMCA of the USA.

Deep Water Aerobics - (held in lap pool) Come use the power of deep water conditioning to strengthen the whole body. Will use water belts, buoys, noodles and other equipment to enhance the workout.

Hydro-Kick - Hydro Kickboxing is great if you are looking for a real cardio challenge in your water aerobics workout. Kickboxing on land is sure to get the heart rate up, but kickboxing in the water adds even more difficulty. It is also a good to strengthen resistance, especially for the core muscles.

Silver Splash!® - Activate your aqua exercise urge for variety. This class offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special Silver Splash!® kickboard is used to develop strength, balance and coordination.

Water Aerobics - Something fun and new every time. This enjoyable class provides the opportunity to use many different types of equipment for cardio fitness, strength training and stamina in the water.

All classes are ongoing, and are open to members 13 and up...join in anytime.
Classes are canceled with PCPS cancels school due to inclement weather.
Schedules are subject to change due to special events.

KIDSZONE HOURS:
Monday - Thursday
Friday
Saturday

8 am - 1 pm
8 am - 1 pm
8 am - 12 noon

4 pm - 9 pm
4 pm - 8 pm