


YAC AQUATICS

WINTER SCHEDULE BEGINS FEBRUARY 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	 <p>YAKIMA ATHLETIC CLUB We change Lives</p> <p>PLEASE WATCH SIGNS FOR SPECIAL PROGRAMS</p> <p>During class times only one lane may be available for lap swimming.</p>		
5-7:15 am	Swim Team Practice		LAP SWIM—4 lanes					
7:15 am	LAP SWIM All lanes until 9:00	LAP SWIM All lanes until 9:00	LAP SWIM All lanes until 9:00	LAP SWIM All lanes until 9:00	LAP SWIM All lanes until 9:00			
8:30								
9:00 am	STRIDE & STRENGTH 9:00-9:45 LAP SWIM—1 lane	AQUA POWER 9:00-9:50 LAP SWIM—1 lane	STRIDE & STRENGTH 9:00-9:45 LAP SWIM—1 lane	AQUA POWER 9:00-9:50 LAP SWIM—1 lane	STRIDE & STRENGTH 9:00-9:45 LAP SWIM—1 lane			
9:50 am	SWIMNASTICS 9:50-10:35 LAP SWIM—1 lane	LAP SWIM 9:50 - 10:30	SWIMNASTICS 9:50-10:35 LAP SWIM—1 lane	AQUA ZUMBA 9:50-10:30 LAP SWIM—1 lane	SWIMNASTICS 9:50-10:35 LAP SWIM—1 lane	7:30 am	LAP SWIM 4 lanes until 9am	LAP SWIM all lanes until 1pm
10:30 am	LAP SWIM All lanes until 1:00	GENTLE AQUA 10:30-11:15 LAP SWIM—2 lanes	LAP SWIM All lanes until 1:00	GENTLE AQUA 10:30-11:15 LAP SWIM—2 lanes	LAP SWIM All lanes until 1:00	9:00 am (SEE NOTE BACK SIDE)	AQUA ZUMBA 1ST Sat. H2O AEROBICS* 2ND-5TH LAP SWIM	
11:15 am	LAP SWIM—All Lanes UNTIL 1:00					9:45	LAP SWIM all lanes	
1:00-3:00 pm	LAP SWIM—All Lanes UNTIL 3:00					1:00 pm	LIFEGUARD SWIM 1-4 PM Weekends Year round	
3-5:30 pm	Swim Team Practice 3:00-5:30 LAP SWIM: 3-4pm: 3 lanes available 4-5:30pm: 1 lane available					4:00	LAP SWIM	
5:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim		5:30	POOL CLOSED	POOL CLOSED
5:45 pm	EVENING POWER 5:45-6:30 LAP SWIM—1 lane	WATER AEROBICS 5:45-6:30 LAP SWIM—1 lane	WATER AEROBICS 5:45-6:45 LAP SWIM—1 lanes	EVENING POWER 5:45-6:30 LAP SWIM—1 lane	LAP SWIM —Four lanes @ 5:30 —All lanes 6:00-6:30	LAP SWIM TIMES—ADULTS (18+) only—lanes are for LAP SWIMMING ONLY. No lifeguard on duty.		
6:30 pm		LESSONS 6:00-8:00 JAN. 24-FEB 16 MAR. 7-30		LESSONS 6:00-8:00 JAN. 24-FEB 16 MAR. 7-30		WATERWALKERS please use non-lane area when available.		
7:15 pm	LAP SWIM—All lanes 7:15-8:30	LIFEGUARD SWIM 6:30-8:00 SHALLOW END CLOSED DURING LESSONS FEB 7 & 21 CLOSED @ 7:30 FOR RENTAL LAP SWIM: 1 lane during lessons	LAP SWIM—All lanes 7:15-8:30	LIFEGUARD SWIM 6:30-8:00 SHALLOW END CLOSED DURING LESSONS LAP SWIM: 1 lane during lessons	LIFEGUARD SWIM 7:00-8:30 LAP SWIM—2 lanes	LIFEGUARD SWIM: the only time children under 15 years old are allowed in the pool unless registered for a program being conducted.		
8:00	LAP SWIM—All lanes 8:00-9:30							
9:30	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	See reverse for class		

YAC Aquatic Classes

Morning Exercise Classes

Stride & Strength: Monday, Wednesday, Friday 9:00-9:45am

A gentle, low-impact 45-minute water class using all water walking movements to achieve a mild cardio workout. Equipment is used for a short time to increase strength. A short abdominal strengthening and stretching section will balance out this workout. A good entry level class for the new exerciser, or the person who needs a low-impact workout.

Swimnastics: Monday, Wednesday, Friday 9:50-10:35am

A 45-minute class combining low, moderate and high level exercises and equipment to improve your cardiovascular system, muscular strength, core stability and flexibility. The participant can modify the movements to his or her needs.

Aqua Power: Tuesday & Thursday 9:00-9:50am

Our most active and challenging water fitness class! This 50-minute class is geared toward participants with high level of fitness in mind. A longer, moderate to high intensity cardio session followed by a challenging abdominal and strength training routine. Come ready to work out! (Who said water class was easy?!?)

AQUA ABS & ARMS: On hold through February

Time to focus on your core—from your shoulders to your glutes and everything in-between. Every class is a different challenge but they all will leave you feeling stronger, firmer, and more fit.

AQUA ZUMBA: Thursdays 9:50-10:30am

Party time in the pool! It's back and better than ever—enjoy the fun, energizing music and exercise in the water with our fantastic Aqua Zumba instructor. It's the fun, dance party you know—all wet!

Gentle Aqua: Tuesday & Thursday 10:30-11:15am

This 45-minute class utilizes moves from Tai Chi, Yoga and Pilates as well as the Arthritis Foundation and provides a gentle workout utilizing the body's core and emphasizing range of motion and balance exercises. A brief cardiovascular training segment is included to the exercisers' tolerance. This class is designed to be low impact and suitable for all ages and abilities including those with recovering from illness or surgery, those with arthritis or other physical challenges.

Aqua Aerobics Saturday: Saturday morning 9:00-9:45am (AQUA ZUMBA: 1st Saturday only)

An Instructor's Choice workout—come for a great variety of workouts in the water—but whichever class you get, you will get a great blend of cardiovascular and strength training. One of our more challenging classes, but appropriate for **all** fitness levels. A mixed format class, come ready to work out and have fun (& you have time to make it to BodyFlow after class)!

Evening Exercise Classes

AQUA ZUMBA: Mon. 5:45-6:30pm

Party time in the pool! It's back and better than ever—enjoy the fun, energizing music and exercise in the water with our fantastic Aqua Zumba instructor. It's the fun, dance party you know—all wet!

Wateraerobics/Aqua Power Eve: Tues. 5:45-6:30pm, Wed. 5:45-6:45pm, Thurs. 5:45-6:30pm

Our evening fun, aggressive water workout using high and low impact exercises to challenge all levels of fitness. Cardio, abdominal, strength and stretching are all included. This is a total body workout! Appropriate for all fitness levels and modifiable for any participant - come get fit in the water! Wednesday is our only **HOURLONG** class!

Swim Lessons

ALL OF OUR INSTRUCTORS ARE TRAINED RED CROSS WATER SAFETY INSTRUCTORS (WSI's).

The Yakima Athletic Club's swim lesson program runs year round with morning classes offered during the summer.

Classes are 30 minutes. Payment is due at registration. Cost: Members: \$49.00 + tax, Non Member: \$59.00 + tax

Preschool levels 1 - 4: **Children 3 - 5 yrs only** who are ready for formal instruction in a class atmosphere.

Preschool classes have no more than 4 students per instructor.

Level classes 1 - 5: **Children 6 - 14 yrs only** with no more than 5 students per instructor.

Competitive Stroke: **Children 5 & older only**, max of 8 students per instructor. Focus is on the 4 competitive strokes. Students must be able to swim 25 yards of each of these strokes: butterfly, backstroke, breaststroke, and freestyle.

Private Swim Lessons

The Yakima Athletic Club's private swim lesson instructors are Red Cross Water Safety Instructor certified, progressive and responsible instructors. Private lessons allow the instructor to work on specific skills, catering to the individual. We also offer semi-private lessons for the base rate plus \$10 for each additional person.

Base Rate: \$30—30 minutes **Package:** 6 - ½ Hour Lessons for \$150 **For more info., call Aquatics Dir., 453-6521, ext. 262**