


# YAC AQUATICS

## LATE SPRING SCHEDULE BEGINS MAY 21

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

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**

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**

### **Evening Power/ Water Aerobics Monday, Tuesday, & Thursday 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 for 30 minutes **Package:** 6 30 minute lessons for \$150

**For more info., call Aquatics Dir., 453-6521, ext. 262**