

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT OPEN SWIM ALL LANES 5:00– 8:45AM					CLUB OPENS AT 7:30	
					ADULT OPEN SWIM 7:30- 9:00AM ALL LANES	
STRIDE & STRENGTH 8:45-9:30 Diane LAP SWIM: 1 lane	AQUA POWER 8:45-9:40 Julie LAP SWIM: 1 lane	STRIDE & STRENGTH 8:45-9:30 Raven LAP SWIM: 1 lane	AQUA POWER 8:45-9:35 Kristin T LAP SWIM: 1 lane	AQUA YOGA/AQUA STRETCH 8:45-9:30 Kristen LAP SWIM: 1 lane	AQUA AEROBICS 9:00-9:45 Rotating instructor LAP SWIM: 1 lane	ADULT OPEN SWIM ALL LANES 9:00AM –1:00PM
SWIMNASTICS 9:35-10:20 Kristin T LAP SWIM: 1 lane	GENTLE AQUA 9:45-10:30 Julie LAP SWIM: 1 lane	SWIMNASTICS 9:35-10:20 Kylee LAP SWIM: 1 lane	GENTLE AQUA 9:45-10:30 Ariana LAP SWIM: 1 lane	SWIMNASTICS 9:35-10:20 Kylee LAP SWIM: 1 lane		
ADULT OPEN SWIM/ PRIVATE LESSONS 10:15-11:00	ADULT OPEN SWIM/ PRIVATE LESSONS 10:30-11:00	ADULT OPEN SWIM/ PRIVATE LESSONS 10:15-11:00	ADULT OPEN SWIM/ PRIVATE LESSONS 10:30-11:00	ADULT OPEN SWIM/ PRIVATE LESSONS 10:15-11:00	ADULT OPEN SWIM ALL LANES 9:45 AM-12:00PM	
ADULT OPEN SWIM 11:00-1:00 ALL LANES LAP SWIM—2 Lanes SUP YOGA at noon on varying days—see sign ups at front desk						
Lifeguard Swim 1:00-4:00 June 17-August 23 LAP SWIM—2 Lanes					LIFEGUARD SWIM 1:00-4:00 PM SATURDAY & SUNDAY	
ADULT OPEN SWIM 4:00-5:15 ALL LANES					ADULT OPEN SWIM 4:00-5:30PM	
					POOL CLOSES AT 5:30PM WEEKENDS	
5:15-6:00: Competitive Stroke Lessons 2 LANES, ADULT OPEN SWIM 3 LANES					ADULT OPEN SWIM: <ul style="list-style-type: none">No lifeguard on duty18+ onlyWater-walkers please use non-lane area when available LIFEGUARD SWIM: The only time children under 15 years are allowed in the pool unless enrolled in a class being conducted.	
WATER AEROBICS 6:00-6:45 Diane/Raven LAP SWIM—1 lane		WATER AEROBICS 6:00-6:45 Julie/Raven LAP SWIM—1 lane		ADULT OPEN SWIM All lanes 6:00-6:45 LAP SWIM—2 lanes		
LIFEGUARD SWIM JULY 8-AUG 21 6:45-8:15	LIFEGUARD SWIM 6:45-8:15 LAP SWIM: 2 LANES WHEN NO LESSONS	LIFEGUARD SWIM JULY 8-AUG 21 6:45-8:15	LIFEGUARD SWIM 6:45-8:15 LAP SWIM: 2 LANES WHEN NO LESSONS	LIFEGUARD SWIM 6:45-8:15 LAP SWIM—2 lanes		
ADULT OPEN SWIM—All lanes 8:00-9:30 SUP YOGA at 8:30 on varying days—see sign ups at front						
POOL CLOSES AT 9:30PM NIGHTLY MONDAY THROUGH FRIDAY						

YAC Aquatic Classes

Summer Morning Exercise Classes

Stride & Strength: Monday & Wednesday 8:45-9:30am

A gentle, low-impact 45-minute water class using all water walking movements to achieve a mild cardio workout. Equipment may be 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.

Aqua Stretch: Friday 8:45-9:30am

A gentle, low-impact 45-minute water class using movements to achieve a mild cardio workout with a heavy focus on stretching and balance work. A good entry level class for the new exerciser or the person who needs a low-impact workout or someone interested in significant stretching and/or aqua yoga exercises.

Swimnastics: Monday, Wednesday, Friday 9:35-10:20am

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 8:45-9:40am

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?!?)

Gentle Aqua: Tuesday & Thursday 9:45-10:30am

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 (plus, you have time to make it to BodyFlow after class)!

Summer Evening Exercise Classes

Evening Power/ Water Aerobics: Monday & Wednesday 6:00-6:45pm

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!

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 as well as year-round evening swim lessons.

Classes are 30 minutes. Payment is due at registration. Cost: Members: \$59.00 + tax, Non Member: \$69.00 + tax

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

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

Adult lessons: **15 & older only**; focus is individualized to each student. Max of 6 students per instructor.

Morning lessons:

Preschool classes 30 minutes, 5 lessons per week, 1 week per session

Level classes 45 minutes, 5 lessons per week, 1 week per session

Evening lessons:

Preschool & Level classes 30 minutes, 2 lessons per week, 4 weeks per session

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.

Single lessons: \$35 for 30 minutes

Member Package: Six 30 min. lessons for \$150 (Non-Member \$180)

Semi-Private (2 children of similar abilities at the same time): \$210

Questions: Aimee, Aquatics Director, 453-6521, ext. 208