

# YAC POOL

## Winter 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT OPEN SWIM All lanes 5:00- 9:00AM	ADULT OPEN SWIM All lanes 5:00- 9:00AM	ADULT OPEN SWIM All lanes 5:00- 9:00AM	ADULT OPEN SWIM All lanes 5:00- 9:00AM	ADULT OPEN SWIM All lanes 5:00- 9:00AM	<b>PLEASE WATCH SIGNS FOR SPECIAL PROGRAMS</b>	
					ADULT OPEN SWIM 7:30- 9:00AM All lanes	
<b>STRIDE &amp; STRENGTH</b> 9:00-9:45 LAP SWIM: 1 lane	<b>AQUA POWER</b> 9:00-9:55 LAP SWIM: 1 lane	<b>STRIDE &amp; STRENGTH</b> 9:00-9:45 LAP SWIM: 1 lane	<b>AQUA POWER</b> 9:00-9:55 LAP SWIM: 1 lane	<b>STRETCH &amp; STRENGTH/ AQUA YOGA</b> 9:00-9:45 LAP SWIM: 1 lane	<b>AQUA AEROBICS</b> 9:00-9:45 LAP SWIM: 1 lanes	ADULT OPEN SWIM All lanes 9:00AM –1:00PM
<b>SWIMNASTICS</b> 9:50-10:35 LAP SWIM: 1 lane	ADULT OPEN SWIM 10-10:30	<b>SWIMNASTICS</b> 9:50-10:35 LAP SWIM: 1 lane	ADULT OPEN SWIM 10-10:30	<b>SWIMNASTICS</b> 9:50-10:35 LAP SWIM: 1 lane		
ADULT OPEN SWIM All lanes starting at 10:40	<b>GENTLE AQUA</b> 10:30-11:15 LAP SWIM: 2 lanes  Stand UP Paddle-board Mat Demos 12-12:45 February	ADULT OPEN SWIM All lanes starting at 10:40	<b>GENTLE AQUA</b> 10:30-11:15 LAP SWIM: 2 lanes  ADULT OPEN SWIM All lanes starting at 11:20	ADULT LAP SWIM All lanes 10:40-1:00	ADULT OPEN SWIM All lanes 9:45 AM-12:00PM	
ADULT SWIM All Lanes 1:00-3:00					LIFEGUARD SWIM 1:00-4:00 PM <b>SATURDAY &amp; SUNDAY</b> 2 lanes for lap swim/water walking	
ADULT OPEN SWIM: 4 lanes (Swim Team 1 lane 1st two weeks Feb)					ADULT OPEN SWIM 4:00-5:30PM** **Training occurs occasionally during this time	
5:00-5:45 Competitive Stroke Lessons 2 LANES Adult Open Swim 3 LANES					<b>POOL CLOSING AT 5:30PM WEEKENDS</b>	
<b>WATER AEROBICS</b> 6:00-6:45 LAP SWIM—1 lane	<b>LESSONS 6:00-8:00</b> FEB. 12-MAR 7 MAR. 12-APR 11 APR. 16-MAY 8  <b>LIFEGUARD SWIM</b> 6:00-8:00 <b>SHALLOW END CLOSED DURING LESSONS</b>  LAP SWIM: 1 lane during lessons  LAP SWIM: 2 lanes WHEN NO LESSONS	<b>WATER AEROBICS</b> 6:00-6:45 LAP SWIM—1 lane	<b>LESSONS 6:00-8:00</b> FEB. 12-MAR 7 MAR. 12-APR 11 APR. 16-MAY 8  <b>LIFEGUARD SWIM</b> 6:00-8:00 <i>Closes @ 7:30</i> <i>Feb 7, 14, 21, 28</i> <i>Mar 7</i> <b>SHALLOW END CLOSED DURING LESSONS</b>  LAP SWIM: 1 lane during lessons  LAP SWIM: 2 lanes WHEN NO LESSONS	ADULT OPEN SWIM All lanes 6:15-7:00* * see movie nights below  LAP SWIM—2 lanes	<b>ADULT OPEN SWIM: 18+ only &amp; no lifeguard on duty—swim.</b>  <b>WATERWALKERS please use non-lane area when available.</b>  <b>LIFEGUARD SWIM: The only time children under 15 years old are allowed in the pool unless enrolled in a class being conducted.</b>  <b>YAKIMA ATHLETIC CLUB</b> <i>We change Lives</i>	
ADULT OPEN SWIM All lanes 6:45-8:30		ADULT OPEN SWIM All lanes 6:45-8:30	<b>LIFEGUARD SWIM</b> 6:00-8:00 <i>Closes @ 7:30</i> <i>Feb 7, 14, 21, 28</i> <i>Mar 7</i> <b>SHALLOW END CLOSED DURING LESSONS</b>  LAP SWIM: 1 lane during lessons  LAP SWIM: 2 lanes WHEN NO LESSONS	LAP SWIM—2 lanes		
				<b>LIFEGUARD SWIM</b> 7:00-8:30 LAP SWIM—2 lanes  <b>Movie Night:</b> Jan. 25 6:30-8:30 LG Swim on Movie Nights		
ADULT OPEN SWIM—All lanes 8:30-9:30						
<b>POOL CLOSING AT 9:30PM NIGHTLY MONDAY THROUGH FRIDAY</b>						

Class descriptions on back.

# YAC Aquatic Classes

## Morning Exercise Classes

### **Stride & Strength: Monday & Wednesday 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.

### **Aqua Yoga/Stretch & Strength: Fridays 9:00-9:45am**

Improve your balance, strength, and flexibility with this class that mixes cardio moves to stay warm with yoga moves and or stretching moves for a fully integrated strength, mobility, and balance improving class.

### **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 9:00-9:55am**

Our most active and challenging water fitness class! This 55-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 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 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.

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 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.

Adult lessons: ***Individuals 15 & older only***, max of 6 students per instructor. Focus is individualized to each student's needs.

Homeschool lessons: ***Students 5 & older only***, Semi-private groups of no more than 3 students taught at their individualized level. 45 minute lessons with an optional 15 minutes supervised playtime. Call for more information.

## 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.

**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

For more info., call Aquatics Dir., 453-6521, ext. 208