

# Pool Schedule

SEPTEMBER 5 TO  
DECEMBER 19, 2011

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	25 m Pool	Special Use Pool	25 m Pool	Special Use Pool	25 m Pool	Special Use Pool	25 m Pool	Special Use Pool	25 m Pool	Special Use Pool	25 m Pool	Special Use Pool	25 m Pool	Special Use Pool	
5:00 AM												Please note: elementary swimming lessons may occur at any time between 10 am - 2 pm.			
6:00 AM	Master Swim 5:45 - 7	Public Swim 5 - 8		Public Swim 5-7	Master Swim 5:45 - 7	Member Swim 5 - 8			Public Swim 5-7	Master Swim 5:45 - 7	Public Swim 5 - 8				
7:00 AM															
7:30 AM				Aquafit* 7 - 7:45					Aquafit* 7 - 7:45						
8:00 AM				GJ Warm Up*					GJ Warm Up*			Member Swim 7:00-9:00		Member Swim 7:00-9:00	
8:30 AM	Member Swim	Gentle Joints* 8:30 - 9:25		Gentle Joints* 8:30 - 9:25	Member Swim	Gentle Joints* 8:30 - 9:25			Gentle Joints* 8:30 - 9:25		Aquafit* 8 - 8:45			Aquafit* 8 - 8:45	
9:00 AM															
9:30 AM	Deep Aquafit 9:30 - 10:15				Deep Aquafit 9:30 - 10:15				Baby & Me Aquafit* 9:45 - 10:25						
10:00 AM		Lessons 9:30 - 12 1/2 Special Use Pool Open		Member Swim 9:30 - 11:30		Lessons 9:30 - 12 1/2 Special Use Pool Open				Member Swim 8 - 1	Aquafit* 9:30 - 10:15				
10:30 AM															
11:00 AM															
11:30 AM				Senior Swim Program* 11:30-12:30											
12:00 PM									Member Swim 10:30 - 1						
12:30 PM	Rehab Group 12:30 - 1:30	Member Swim 12 - 3:30			Rehab Group 12:30 - 1:30	Member Swim 12 - 3:30									
1:00 PM				Member Swim 12:30 - 4					Public Swim 1 - 4		Member Swim 1 - 4				
2:00 PM															
3:00 PM															
3:30 PM															
4:00 PM				Swim Club 4 - 5		Swim Club 4 - 5				Swim Club 4 - 6	Member Swim 4 - 7				
4:30 PM									Lessons 4 - 7:30			Public Swim 3-7		Swim Club 4 - 6	Public Swim 3-7
5:00 PM															
6:00 PM															
7:00 PM	Aquafit 7:15 - 8				Aquafit 7:15 - 8					Synchro 6 - 7					
7:30 PM				Aquafit 7:30 - 8:15					Aquafit 7:30 - 8:15						
8:00 PM	Pre Natal Aquafit 8 - 8:55	Member Swim 7:15 - 10			Deep Aquafit 8 - 8:30	Member Swim 7:15 - 10						Member Swim 7-9		Member Swim 7 - 9	
8:30 PM															
9:00 PM				Public Swim 7:30 - 11					Public Swim 7:30 - 11						
10:00 PM															
10:30 PM															
11:00 PM	Member Adult Swim 10 - 11				Member Adult Swim 10 - 11										

They'll learn to swim, you'll learn to breathe easy...  
YMCA Swimming Lessons, inquire today 605.575.9622



FOR MORE INFO GO TO [WWW.TONGLOUIEYMCA.ORG](http://WWW.TONGLOUIEYMCA.ORG)  
CALL 604-575-9622

Revision Date - Sept 1, 2011

## Swim Definitions

**Member Length Swim-** A member of any age may come and do LENGTH swimming only. Two lanes are available all day. Anyone is welcome during this time at the YMCA drop in rate.

**Member Adult Swim-** A swim designed for the adults only, age 18+. Adult drop-ins are welcome at the YMCA drop in rate.

**Member Swim-** An open swim time for members of all ages to take a dip!

**Public Swim-** Anyone is welcome to take a plunge during these public swim times, members & drop-ins. Please see the membership desk for rates during these times.

**Lessons-** Swimming Lessons for all age groups running during these times. The pool is closed to any swimmers during this time except for 2 member length swim lanes.

**Barracudas Swim Club-** The YMCA's very own, non-competitive swim club for children & youth ranging in ages from 7-14yrs.

**Deep Water Aquafit-** An aquafit class held in our deep end. Take a jog, walk, and run in our pool. Organized workouts with water belts! Increase energy levels, muscle tone and cardio fitness levels.

**Aquafit** - a fun, safe and effective way to tone muscles, burn calories and keep fit! A shallow water class for anyone \*\* to come & enjoy. Aquafit provides greater resistance allowing for improved cardiovascular fitness, increased strength and toned muscles. See you in the water!

**Baby & Me Aquafit-** An aquafit class designed for Moms, Dads and their tots to enjoy some exercise and time together! Infants must have stable head control.

**Pre Natal Aquafit-** Run by Mommy Moves, this workout during pregnancy is fantastic in the water.

**Gentle Joints-** The YMCA's very own warm water fitness program! This YMCA water fitness class is held in our Special Use Pool which features a warmer water temperature and moveable bottom floor, allowing for depth adjustment. A combination of body movement, stretches and exercises for those individuals looking for a light, low impact, joint friendly exercise regime.

**\*\*Please note, all participants must be a minimum 13yrs of age to participate in any of the Aquafitness programs\*\***