



WATER AEROBICS SUMMER 2017

PARK STREET AQUATICS DEPARTMENT

JUNE 26TH - AUGUST 26TH

(ANNUAL SHUT DOWN WEEK IS AUG. 27TH - SEPT. 4TH)

CLASS INFO:

AQUACISE:

Uses the shallow end of the Small Pool for beginner to moderate level exercise.

AQUA FITNESS:

Uses the full length of the Large Pool for intermediate level exercise.

AQUA STEP:

Uses a step platform in the shallow end of the Large Pool for intermediate level exercise.

OUTSIDE AT MOUNTAINSIDE POOL:

Fee: \$40 (6/26 - 8/20)
Enjoy exercising in an outdoor pool!

Participants must present YMCA Membership Card at each class.

* Bonus Week is from 8/21 to 8/24

SPECIAL EVENTS:

Check our bulletin boards and website for any special water exercise events for the summer!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA FITNESS 6:00 am - 6:45 am Instructor: Gerry Small Pool		AQUA FITNESS 6:00 am - 6:45 am Instructor: Gerry Small Pool		AQUA FITNESS 6:00 am - 6:45 am Instructor: Gerry Small Pool	
AQUACISE 8:15 am - 9:00 am Instructor: Theresa Small Pool	AQUACISE 8:15 am - 9:00 am Instructor: Christine Small Pool	AQUACISE 8:15 am - 9:00 am Instructor: Gerry Small Pool	AQUACISE 8:15 am - 9:00 am Instructor: Theresa Small Pool	AQUACISE 9:00 am - 9:45 am Instructor: Gerry Small Pool	AQUACISE 8:00 am - 8:45 am Instructor: Theresa Small Pool
AQUA FITNESS 9:00 am - 9:45 am Instructor: Audrey Large Pool	AQUACISE 10:00 am - 10:45 am Instructor: Audrey Mountainside Pool	AQUA FITNESS 9:00 am - 9:45 am Instructor: Audrey Large Pool	AQUACISE 10:00 am - 10:45 am Instructor: Audrey Mountainside Pool	AQUA FITNESS 10:00 am - 10:45 am Instructor: Gerry Large Pool	
AQUA STEP 11:00 am - 11:45 am Instructor: Audrey Large Pool	AQUACISE 7:30 pm - 8:15 am Instructor: Steve Small Pool	AQUA STEP 11:00 am - 11:45 am Instructor: Audrey Large Pool	AQUACISE 7:30 pm - 8:15 am Instructor: Steve Small Pool		

LEGEND

Small Pool =  Large Pool =  Mountainside Pool* = 

- All water exercise classes use various types of equipment which may include: floatation belts, noodles, bar bells, etc.
- Participants should feel comfortable in the water even though they are not deep end swimmers
- Swim caps need to be worn if you will be submerging your head (swim caps can be purchased at our Front Desk)
- Participants could use floatation belts or limit themselves to the shallow end of the pool
- Mountainside Pool is located in Mountainside Park on Upper Mountain Avenue (in the 500 block) across from the Presby Memorial Iris Gardens
- **Bonus Week*** for Water Exercise Class at Mountainside Pool: August 21st - August 24th



LARGE POOL SCHEDULE SUMMER 2017

EFFECTIVE JUNE 26TH - AUGUST 26TH

(ANNUAL SHUT DOWN WEEK IS AUG. 27TH - SEPT. 4TH)

TIME	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY						TIME				
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5:00 AM	ADULT LAP 5 AM - 9 AM (ALL LANES)						ADULT LAP 5 AM - 10:30 AM (ALL LANES)						ADULT LAP 5 AM - 9 AM (ALL LANES)						ADULT LAP 5 AM - 10:30 AM (ALL LANES)						ADULT LAP 5 AM - 10 AM (ALL LANES)						CLOSED						CLOSED						5:00 AM				
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Friendly Reminders and Notes:

- Schedule is effective June 26th - August 19th and is subject to change
- All participants must wear a swim cap. Swim caps can be purchased at our Front Desk.
- Please circle swim when more than one person in a lane
- Adult lap is open to all adult members and teens (13 yrs. and older) who are swimming laps
- Participants must shower before entering the pool
- **Looking Ahead:** Starting in September 2017, both pool schedules will have limited evening open lap times to accommodate the Swim Team



SMALL POOL SCHEDULE SUMMER 2017

EFFECTIVE JUNE 26TH - AUGUST 26TH

(ANNUAL SHUT DOWN WEEK IS AUG. 27TH - SEPT. 4TH)

TIME	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				TIME				
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6:00 AM	AQUA FITNESS 6 AM - 6:45 AM				ADULT AND SENIOR OPEN SWIM 6:00 AM - 8:15 AM				AQUA FITNESS 6 AM - 6:45 AM				ADULT AND SENIOR OPEN SWIM 6 AM - 8:15 AM				AQUA FITNESS 6 AM - 6:45 AM				CLOSED				CLOSED				6:00 AM				
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7:00 AM					AQUACISE 8:15 AM - 9 AM				AQUACISE 8:15 AM - 9 AM				AQUACISE 8:15 AM - 9 AM				AQUACISE 8:15 AM - 9 AM				AQUACISE 8 AM - 8:45 AM				ADULT AND SENIOR OPEN SWIM 7 AM - 11 AM				7:00 AM				
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8:00 AM	YOUTH LESSONS (6/26 - 8/19) 10 AM - 11:30 AM		CAMP (6/26 - 8/25) 10 AM - 11:30 AM		SUMMER CAMPS 10 AM - 3:30 PM (6/26 - 8/25)				YOUTH LESSONS (6/26 - 8/19) 10 AM - 11:30 AM		CAMP (6/26 - 8/25) 10 AM - 11:30 AM		SUMMER CAMPS 10 AM - 3:30 PM (6/26 - 8/25)				SENIOR SWIM 9:45 AM - 11 AM				PRIVATE LESSONS 9:45 AM - 2 PM		ADULT AND SENIOR OPEN SWIM 9:45 AM - 2 PM		8:00 AM								
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Friendly Reminders and Notes:

- * Schedule is effective June 26th - August 19th and is subject to change
- * Adult lap is open to all adult members and teens (13 yrs. and older) who are swimming laps
- * Participants must shower before entering the pool
- * Youth Swim is for youth members 12 yrs of age and under
- * Please circle swim when more than one person in a lane
- * Daily guest passes may be purchased at our Front Desk
- * Family Swim requires participation by both a child and an adult
- * All participants must wear a swim cap which may be purchased at our Front Desk
- * **Looking Ahead:** Sept. 2017 (Fall Schedule) will have limited evening open lap times to accommodate the Swim Team