

YAC Winter Aquatic Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SAT.	SUN.
5:00-7:15 am	Swim Team Practice LAP SWIM—1 lane	Swim Team Practice LAP SWIM—1 lane	Swim Team Practice LAP SWIM—1 lane	Swim Team Practice LAP SWIM—1 lane	Swim Team Practice LAP SWIM—1 lane			
7:15 am	LAP SWIM All lanes until 9:00	LAP SWIM All lanes until 9:30	LAP SWIM All lanes until 9:00	LAP SWIM All lanes until 9:30	LAP SWIM All lanes until 9:00			
9:00 am	WATER WALKING LAP SWIM—1 lane		WATER WALKING LAP SWIM—1 lane		WATER WALKING LAP SWIM—1 lane			
9:30 am		AQUA POWER LAP SWIM—1 lane		AQUA POWER LAP SWIM—1 lane				
9:45 am	SWIMNASTICS LAP SWIM—1 lane		SWIMNASTICS LAP SWIM—1 lane		SWIMNASTICS LAP SWIM—1 lane	7:30 am	LAP SWIM all lanes until 9am	
10:30 am	LAP SWIM All lanes until 11:00	LAP SWIM All lanes until 11:00		LAP SWIM All lanes until 11:00		9:00 am	AQUA CIRCUIT LAP SWIM—2 lanes	LAP SWIM all lanes until 1pm
11:00 am	HOMESCHOOL PROGRAM 11:00 - 12:00 LAP SWIM—2 lanes	AQUA ARTHRITIS LAP SWIM—2 lanes	LAP SWIM All lanes until 3:00pm	AQUA ARTHRITIS LAP SWIM—2 lanes	LAP SWIM All lanes until 3:00			
11:30 am		ABS, BELLS, & NOODLES LAP SWIM—2 lanes		ABS, BELLS, & NOODLES LAP SWIM—2 lanes		10:00 am	LAP SWIM all lanes until 1pm	
12:00 pm	LAP SWIM All lanes until 3:00	LAP SWIM All lanes until 3:00	LAP SWIM All lanes until 3:00	LAP SWIM All lanes until 3:00	LAP SWIM All lanes until 3:00	1:00 pm	LIFEGUARD SWIM 1-4 PM	LIFEGUARD SWIM 1-4 PM
3-5:30 pm	Swim Team Practice LAP SWIM: 3-4pm: 2 lanes 4-5:30pm: 1 lane	Swim Team Practice LAP SWIM: 3-4pm: 2 lanes 4-5:30pm: 1 lane	Swim Team Practice LAP SWIM: 3-4pm: 2 lanes 4-5:30pm: 1 lane	Swim Team Practice LAP SWIM: 3-4pm: 2 lanes 4-5:30pm: 1 lane	Swim Team Practice LAP SWIM: 3-4pm: 2 lanes 4-5:30pm: 1 lane	4:00 pm	LAP SWIM until 5:30pm	LAP SWIM until 5:30pm
						5:30 pm	POOL CLOSED	POOL CLOSED
5:30 pm	SWIM LESSONS JAN. 9-FEB. 1 6:00-8:00	SWIM LESSONS FEB. 28-MAR. 22 5:30-6:30	SWIM LESSONS JAN. 9-FEB. 1 6:00-8:00	SWIM LESSONS FEB. 28-MAR. 22 5:30-6:30		<p>Please Note: Lap Swim—ADULTS (over 18) only—lanes open for laps & water walking. No lifeguard on duty.</p> <p>During class times only one lane may be available for lap swimming.</p> <p>Lifeguard Swim is the only time children under 15 are allowed in the pool unless registered for a program being conducted.</p> <p>Please see reverse for class descriptions.</p>		
5:45 pm	PRENATAL WATER AEROBICS LAP SWIM—2 lanes	LAP SWIM—2 lanes All lanes available for lap swim when swim lessons not in session	PRENATAL WATER AEROBICS LAP SWIM—2 lanes	LAP SWIM—2 lanes All lanes available for lap swim when swim lessons not in session	LIFEGUARD SWIM 5:30-8:30 LAP SWIM—2 lanes			
6:30 pm	WATER AEROBICS LAP SWIM—2 lanes	LIFEGUARD SWIM 6:30-8:30 LAP SWIM—2 lanes	WATER AEROBICS LAP SWIM—2 lanes	LIFEGUARD SWIM 6:30-8:30 LAP SWIM—2 lanes				
7:00 pm								
7:30 pm	LAP SWIM until 9:30pm		LAP SWIM until 9:30pm	LAP SWIM until 9:30pm				
8:30 pm		LAP SWIM until 9:30pm		LAP SWIM until 9:30pm				
9:30 pm	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED			

YAC Winter Aquatic Classes

Morning Exercise Classes

Water Walking: 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. 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 9:45-10:30am

A 45-minute class combining low, moderate and high level exercise to challenge your cardio, strength, abdominal and stretching exercise routine. The participant can modify to their needs.

Aqua Power: Tuesday & Thursday 9:30-10:20am

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, high to moderate, cardio session followed by a challenging abdominal and strength training routine. Come ready to work out! (Who said water class was easy?!?)

Aqua Arthritis: Tuesday & Thursday 11-11:30am

This class follows the National Arthritis Foundation Guidelines. The focus is on range-of-motion exercise for all joints. A short endurance section is followed by gentle stretching. This is an excellent class for those recovering from an injury, surgery, anyone with any type of arthritis, or an entry-level exerciser. Your doctor's permission is required to attend this class.

Abs, Bells, & Noodles: Tuesday & Thursday 11:30-11:45am

This 15-minute class immediately follows the Aqua Arthritis class and is designed to provide additional exercises for those individuals interested in further utilizing their core and strengthening other muscle groups using a variety of water resistance equipment. Designed to be low impact and suitable for all ages and abilities.

Aqua Circuit: Saturday morning 9:00-9:45am

A great blend of cardiovascular and strength training. One of our more challenging classes, but appropriate for **all** fitness levels. A mixed format class using equipment to challenge muscles with a variety of exercises, followed by a challenging abdominal routine. Come ready to work out! (And you still have time to make it to BodyFlow upstairs after class!)

Evening Exercise Classes

Prenatal Water Aerobics: Monday & Wednesday 5:45-6:30pm

A specialized 45-minute water class for pre and postnatal women. Focus is on safe, low impact cardio and strengthening exercise to maintain optimal fitness throughout and after the pregnancy. Doctor's permission is required to participate.

Water Aerobics: Monday & Wednesday 6:30-7:30pm

Our only **HOURLONG** fun, aggressive workout using high and low impact exercises to challenge all levels of fitness. Cardio, abdominal, strength and stretching is the focus.

Youth Swim Lessons

M/W session: 5:30-7:30 Jan. 9-Feb. 1 T/TH session: 5:30-6:30 Feb. 28-Mar. 22

The Yakima Athletic Club's swim lesson program runs year round. We follow Red Cross guidelines in all our classes. All classes are 30 minutes. Payment is due at registration. Cost: Members: \$45.00 + tax, Non Member: \$55.00 + tax

Preschool levels 1 - 3: For **children ages 3 - 5 only** who are ready for formal instruction in a class atmosphere. Preschool classes have no more than 4 students per instructor. Children must be at least 3 and not older than 5.

Level classes 1 - 6: Instruction for **children ages 6 - 14 only** with no more than 5 students per instructor.

Competitive Stroke lessons: Instruction for **ages 5 - 18** with no more than 5 students per instructor. Students must know butterfly, backstroke, breaststroke, and freestyle to participate. Competitive strokes and skills practiced.

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: \$25—30 minutes **Package:** 6 - ½ Hour Lessons for \$135

For more information or to schedule private lessons, contact Aimee Ozanich, Aquatics Director 453-6521, ext. 262.