

# Aquatics

For Swim School Philosophy and Parent Guideline see our website.

Aquatics Director .....ext. 110  
Pool Office ..... ext. 152  
Private Lessons ..... ext. 140  
Pool Parties ..... ext. 140

## Pool Policy

Schedules are available at the Front Desk or online. Please check the Pool Office for cancelled and added open sessions and swim classes. The pool is closed for holidays, swim meets, and for two weeks in August.

Pool rules are strictly enforced and are listed on our website.

You **MUST** present your membership card with swim plan sticker or membership card and dip ticket before swimming.

### Pool Closed:

**Aug 22 - Sept 5**  
**Oct 30**  
**Nov 11, 24, 27**  
**Dec 24 -26**  
**Dec 31 - Jan 2**  
**Jan 16**  
**Apr 6 - 8**  
**May 26 - 28**

### No classes:

**Nov 24-27**  
**Dec 24-31**  
**Jan 1-2**  
**Feb 19**  
**Apr 6 - 13**

## Swim Fees

*(Exact change required if not purchasing pass at Front Desk)*

Regular annual YWCA membership required to purchase dip tickets and pool passes (with the exception of single day access for \$20).

### Individual Dip Fees\*

#### 17 years and under

Members	\$ 5
Dip Ticket (12 Swims)	\$40
Guest	\$10

#### 18 years and over

Members	\$ 6
Dip Ticket (12 Swims)	\$50
Guest	\$12

#### Seniors

Members	\$ 5
Dip Ticket (12 Swims)	\$35
Guest	\$10

**1-Day Pass** (non-members) \$20

*\*Discount of 15% for second dip ticket when making a multiple dip ticket purchase.*

### Pool Passes

Pool passes allow access during public swim times. Regular annual YWCA membership required.

<b>Senior Pool Time</b> (Annual)	\$250
<b>Family Pool Time</b> (Annual)	\$410

### Summer Dip Passes

Pool passes allow access during public swim times. **Summer Access is May 1 - August 15** and requires additional YWCA membership fee of \$30 individual/ senior and \$50 family)

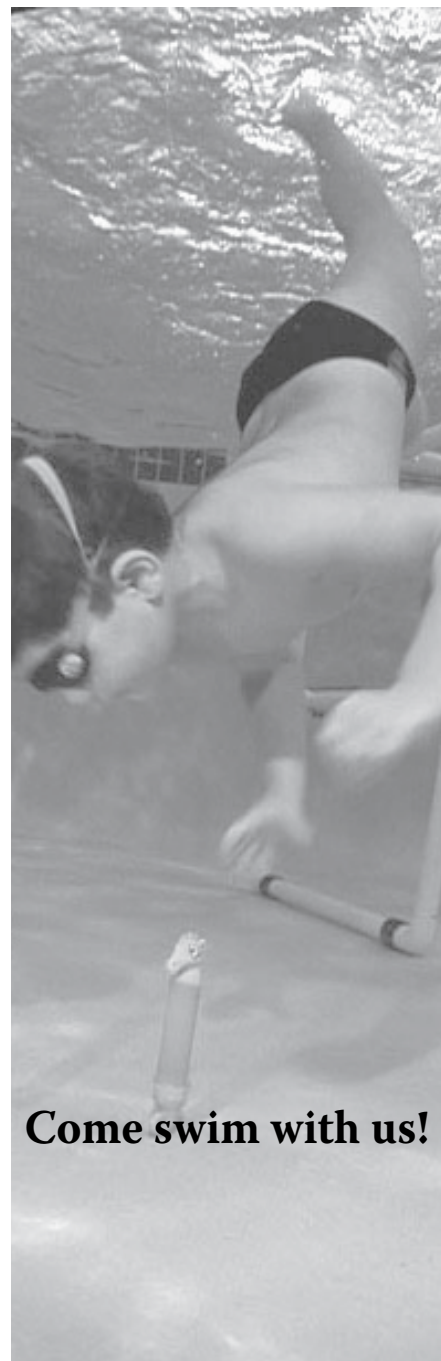
<b>Individual or Senior Summer Dip</b>	\$ 95
<b>Family Summer Dip</b>	\$195

## Private Lessons

\$45 per 1/2 hour, based on availability of instructor and pool space. Discounted packages are available. YWCA membership fee required. Call ext 140.

## Aquatics Index

Adult Class Descriptions .....	14
Adult Exercise .....	15
Children's Class Schedule .....	10-11
Special Aquatic Classes .....	12-13
Middies Swim Team .....	12



**Come swim with us!**

**Weekly Aquatic Classes: Parent-Tot (Ages 6 - 36 mos) Fall: September 12, 2011 - January 29, 2012**  
**Preschool (Ages 3-5) Winter: January 30, 2012 - March 18, 2012**  
**Spring: March 19, 2012 - June 17, 2012**

30 Minutes Weekly	Wee Splash	Wee Splash Too	Wee Fish	Clownfish	Angelfish	Goldfish
<b>Monday</b> Fall (16) \$352 Winter (6) \$132 Spring (11) \$242	9:45 M1WS	9:45 M1WT		1:30** Mini 2:00 M1CF 3:45* M1SF 4:30 M2CF	1:30** Mini 2:00 M1AF 3:45* M1SF 4:30 M2AF	1:30** Mini 2:00 M1GF 3:45* M1SF 4:30 M2GF
<b>Tuesday</b> Fall (19) \$418 Winter (7) \$154 Spring (12) \$264	10:00 T1WS	10:00 T1WT		1:00** Mini 2:00 T1CF 3:45 T2CF 4:15 T3CF 4:45 T4CF	1:00** Mini 2:00 T1AF 3:45 T2AF 4:15 T3AF 4:45 T4AF	1:00** Mini 2:00 T1GF 3:45 T2GF 4:15 T3GF
<b>Wednesday</b> Fall (19) \$418 Winter (7) \$154 Spring (12) \$264	<b>DISCOUNTS: Regular Youth Swim Classes</b> Register your child for more than one preschool or youth class per week prior to class start date and receive a 35% discount off the 2nd lower priced class during the same session. After start date, 2nd class discount is 25%.  Save 10% off Spring class when registering for Winter & Spring at the same time. Offer ends when Winter session starts.  <b>EVALUATIONS</b> *Sibling & Friends and Mini Session evaluations take place the first day of class.			2:00 W1CF 3:45 W2CF 4:30 W3CF	2:00 W1AF 3:45 W2AF 4:30 W3AF	2:00 W1GF 3:45 W2GF 4:30 W3GF
<b>Thursday</b> Fall (18) \$396 Winter (7) \$154 Spring (12) \$264						1:00** Mini 2:00 H1CF 3:45 H2CF 4:15 H3CF 4:45 H4CF
<b>Friday</b> Fall (17) \$374 Winter (7) \$154 Spring (11) \$242	10:00 F1WS	10:00 F1WT		10:30 F1CF 1:30 F2CF 2:00 F3CF 3:45* F1SF	10:30 F1AF 1:30 F2AF 2:00 F3AF 3:45* F1SF	10:30 F1GF 1:30 F2GF 2:00 F3GF 3:45* F1SF
<b>Saturday</b> Fall (17) \$374 Winter (7) \$154 Spring (11) \$242	10:00 S1WS 10:30 S2WS	10:00 S1WT 10:30 S2WT	11:00 S1WF 11:45 S2WF	9:00 S1CF 9:30 S2CF 11:45 S3CF 1:00* S1SF	9:00 S1AF 9:30 S2AF 11:45 S3AF 1:00* S1SF	9:00 S1GF 9:30 S2GF 11:45 S3GF 1:00* S1SF
<b>Sunday</b> Fall (16) \$352 Winter (6) \$132 Spring (11) \$242	10:00 U1WS 10:30 U2WS	10:00 U1WT 10:30 U2WT	11:00 U1WF 11:30 U2WF	10:00 U1CF 10:30 U2CF 11:00 U3CF 11:30 U4CF	10:00 U1AF 10:30 U2AF 11:00 U3AF 11:30 U4AF	10:00 U1GF 10:30 U2GF 11:00 U3GF 11:30 U4GF

\*Swim Evaluations take place on the first day of class. \*\* Mini Sessions offer fewer weeks and greater flexibility. Evaluations first day of class.

**Wee Splash (6-18mos) & Wee Splash Too (18mos and up)**

Parent or caregiver will be in the water. This instructor-led course uses songs, games, group and individual activities to support the introduction of basic swimming skills and water safety. Children are challenged at a developmentally appropriate level.

**Wee Fish:** Transition class. Children must be 3 years of age by the **end** of session. The session begins with parents, children, and instructor in the water practicing water exploration skills. The session ends with parents out of the water as children continue their exploration independently with the instructor.

**Clownfish:** Beginner skills. Children must be 3 years of age at the **beginning** of session. Water exploration, bubbling, submersion, freestyle and floating introduction are introduced in positive, comfortable environment of gentle encouragement and fun.

**Angelfish:** Pre-requisites: Comfortable submersion and some floating ability, no locomotion. Swim skill development continues in a framework of fun and games. Intermediate skills include freestyle and backstroke development.

**Goldfish:** Pre-requisites: Some swimming skills. Our little swimmers work on advanced skills including coordinated freestyle, rhythmic breathing, backstroke and diving – this class takes place entirely in deep water. Usual progression to Level 3 Jr.

**Weekly Aquatic Classes: Youth Classes (Ages 6-12)**

**Fall:** September 12, 2011 - January 29, 2012

**Winter:** January 30, 2012 - March 18, 2012

**Spring:** March 19, 2012 - June 17, 2012

40 Minutes Weekly		Level 1	Level 2	Level 3 Jr.	Level 3	Level 4	Level 5	Level 6
<b>Monday</b>								
Fall (16)	\$416	3:45* M2SF	3:45* M2SF		3:45* M2SF	3:45* M2SF	3:45* M2SF	3:45* M2SF
Winter (6)	\$156	4:30 M1L1	4:30 M1L2	4:30 M13J	4:30 M1L3	4:30 M1L4	4:30 M1L5	4:30 M1L6
Spring (11)	\$286							
<b>Tuesday</b>								
Fall (19)	\$494	3:45 T1L1	3:45 T1L2		3:45 T1L3			
Winter (7)	\$182	4:30 T2L1	4:30 T2L2		4:30 T2L3	4:30 T1L4	4:30 T1L5	4:30 T1L6
Spring (12)	\$312							
<b>Wednesday</b>								
Fall (19)	\$494	3:45 W1L1	3:45 W1L2	3:45 W13J	3:45 W1L3	3:45 W1L4	3:45 W1L5	3:45 W1L6
Winter (7)	\$182	4:30 W2L1	4:30 W2L2	4:30 W23J	4:30 W2L3	4:30 W2L4	4:30 W2L5	4:30 W2L6
Spring (12)	\$312							
<b>Thursday</b>								
Fall (18)	\$468							
Winter (7)	\$182	3:45 H1L1	3:45 H1L2	3:45 H13J	3:45 H1L3	4:30 H1L4	4:30 H1L5	4:30 H1L6
Spring (12)	\$312	4:30 H2L1	4:30 H2L2		4:30 H2L3			
<b>Friday</b>								
Fall (17)	\$442							
Winter (7)	\$182	3:45* F2SF	3:45* F2SF		3:45* F2SF	3:45* F2SF	3:45* F2SF	3:45* F2SF
Spring (11)	\$286							
<b>Saturday</b>								
Fall (17)	\$442	9:00 S1L1	9:00 S1L2	9:00 S13J	9:00 S1L3	10:00 S1L4	10:00 S1L5	10:00 S1L6
Winter (7)	\$182	10:00 S2L1	10:00 S2L2	10:00 S23J	10:00 S2L3	11:00 S2L4	11:00 S2L5	11:00 S2L6
Spring (11)	\$286	11:00 S3L1	11:00 S3L2	11:00 S33J	11:00 S3L3	1:00* S2SF	1:00* S2SF	1:00* S2SF
		1:00* S2SF	1:00* S2SF		1:00* S2SF			
<b>Sunday</b>								
Fall (16)	\$416	10:00 U1L1	10:00 U1L2	10:00 U13J	10:00 U1L3	10:00 U1L4	11:00 U1L5	11:00 U1L6
Winter (6)	\$156	11:00 U2L1	11:00 U2L2	12:00 U23J	11:00 U2L3			
Spring (11)	\$286	12:00 U3L1	12:00 U3L2		12:00 U3L3			

Class maximums are contingent upon swim level and instructor. Our basic guideline is an 8:1 ratio, but enrollment can be less or greater than the guideline. Please note that the YWCA reserves the right to combine classes.

**Level 1** Beginner skills: Participants work on exploration and submersion. Freestyle and floating are introduced.

**Level 2** Advanced beginner skills: Freestyle and backstroke development continue and include breathing skills. Deep water orientation and treading.

**All Level 3 and above classes are taught entirely in the deep end.**

**Level 3 Junior** (Ages 4-6) Evaluation or instructor recommendation required. This course for our younger intermediate swimmers includes level 3 skills with emphasis on building endurance and strength.

**Level 3** (Ages 7 and up) Intermediate skills: Freestyle and backstroke refinement include alternate breathing and endurance. Elementary backstroke and breaststroke kick, and diving are introduced. Swimmers work at increasing distance.

**Level 4** Advanced Intermediate skills: Stroke development includes the breaststroke. The butterfly stroke is introduced as well as increasing endurance. Diving skills are emphasized.

**Level 5** Advanced skills: Stroke refinement includes freestyle, backstroke, butterfly and breaststroke. Sidestroke is introduced as well as flip turns.

**Level 6** Stroke Clinic: Endurance and ongoing stroke refinement to cultivate efficiency of movement, proficiency in swimmer self-correction, and an understanding of the swim workout. Continue swimming in Pre Team, Lifeguard Training, or Synchronized swimming!

**Siblings & Friends:** See page 12

## Special Aquatics

### > Siblings & Friends

For your convenience when registering multiples, a skill level evaluation on the first day ensures proper placement by age and ability. Lessons follow standard swim school format thereafter. Please note that if this time fits your schedule, single enrollments can be approved by the front desk.

Fees: See pages 10-11

Mon	3:45pm	Ages 3-5 / 6+	M1SF/M2SF
Fri	3:45pm	Ages 3-5 / 6+	F1SF/F2SF
Sat	1:00pm	Ages 3-5 / 6+	S1SF/S2SF

### > Mini Sessions

Children are tested the first day and divided into Clownfish, Angelfish and Goldfish. Each Mini Session is 8 classes. Sign up for more than one mini class per week and receive a 50% discount on the 2nd Mini class during the same session.

#### Fall 2011

Session 1		Sept 26 - Nov 17	
Mon	1:30-2:00pm	\$176	M1MS
Tue	1-1:30pm	\$176	T1MS
Thu	1-1:30pm	\$176	H1MS

#### Winter 2012 - No Mini Session

#### Spring 2012

Session 1		Feb 6 - Apr 5	
Mon	1:30-2:00PM	\$176	M1MS
Tue	1-1:30PM	\$176	T1MS
Thur	1-1:30PM	\$176	H1MS

Session 2		Apr 16 - Jun 14	
Mon	1:30-2:00PM	\$176	M2MS
Tue	1-1:30PM	\$176	T2MS
Thur	1-1:30PM	\$176	H2MS

### > Synchronized Swimming\*

Learn basic skills, simple patterns and routines of this Olympic sport. Taught by veteran coach and national silver medal winner. Participants must be able to swim in deep water and be comfortable under water. For information on the class, contact Coach Dale at 917-533-4811. Trial class available.

<b>Fall</b>	Sept 12 - Jan 29
<b>Winter/Spring</b>	Jan 30 - Jun 17

Tues (ages 9+)	3:45-5:15pm	T1SS
Fall		\$513
Win/Spr		\$360

Thurs (ages 9+)	3:45-5:15pm	H1SS
Fall		\$486
Win/Spr		\$456

Sat (ages 6-10)	9:00-9:45pm	S1SS
Fall		\$360
Win/Spr		\$360

Sat (Adv 10+)	11:00 - 1:00pm	S2SS
Fall		\$405
Win/Spr		\$390

Sat (Beg 10+)	1:00 - 2:00pm	S3SS
Fall		\$360
Win/Spr		\$360

\* Multiple class discounts for synchronized swimming. 50% discount for 2nd class registration prior to session start date. 35% discount for 2nd class after session starts. 10% discount for second sibling.

## Developmental & Competitive Swimming

### > Pre-Team Program\*

Accomplished swimmers wishing to prepare for competition or just wanting to stay on top of your skills. This is an introduction to swim team terminology and workouts. Coaches work on refining strokes, increasing endurance, starts, and turns. Coaches' approval required. Minimum commitment one day/week.

For further information and evaluation, contact the Aquatics Director at (914) 949-6227 x110.



### > Middies Swim Team

22-Year YWCA National Champions!

Middies Office ext. 151  
Director's Office ext. 110

The Middies Swim Team is a year-round U.S.A. age-group program for swimmers age 6 and older. Contact the coaches at [middies@ywcawpcw.org](mailto:middies@ywcawpcw.org). Team information and practice times are available at: [www.middiesswimming.org](http://www.middiesswimming.org)

#### 2011/2012 try-out schedule for new members

All Ages 5:30 - 7:30pm  
Tuesday, August 9<sup>th</sup>  
Tuesday, September 6<sup>th</sup>  
Wednesday, September 7<sup>th</sup>

#### Team Practice Begins

Monday, September 12

# Certification Classes

## >American Red Cross Lifeguard Training (LGT)

Certification includes LGT/first aid/CPR/AED. Only candidates who successfully complete the swim test, which includes a 300yd swim, qualify for the class. A non-refundable pre-test fee holds your class spot. Participants must be 15 years of age by the end of the class. Class fees include materials. There must be 4 or more participants to run the class.

**Pre-Test Fees:** \$30 (non-refundable)

**Class Fees:** Non-Member \$395 Member \$380

### Fall 2011

Class #1 - Sunday*	AQPT1
Pretest: Oct 2	12:00pm-2:30pm
Class: Oct 16 - Dec 18	10:30am-2:30pm

Class #2 - Tue-Fri	AQPT2
Pretest: Dec 27	8:00pm-9:15am
Class: Dec 27 - 30	9:30am-5:30pm

### Winter 2012

Class #1 - Sunday*	AQPT1
Pretest: Jan 22	12:00pm-2:30pm
Class: Jan 29 - Apr 1	10:30am-2:30pm

Class #2 - Tue/Thu/Sat	AQPT2
Pretest: Feb 23	8:00pm-9:15pm
Class: Feb 28, Mar 1, 6, 8 Mar 3, 10	6:00pm-9:45pm 9:00am-6:00pm

### Spring 2012

Class #1 - Sunday*	AQPT3
Pretest: Apr 15	12:00pm-2:30pm
Class: Apr 22 - Jun 24	10:30am-2:30pm

Class #2 - Mon/Wed/Sat	AQPT1
Pretest: Mar 14	8:00pm-9:15pm
Class: Mar 19, 21, 26, 28 Mar 24, 31	6:00pm-9:45pm 9:00am-6:00pm

Class #3 - Tue-Fri	AQPT2
Pretest: Apr 10	9:00am-10:30am
Class: Apr 10, 11, 12, 13	9:30am-5:30pm

Class#4 - Mon/Wed/Sat	AQPT4
Pretest: Apr 18	8:00pm-9:15pm
Class: Apr 23, 25, 30, May 2 Apr 28, May 5	6:00pm-9:45pm 9:00am-6:00pm

Class #5 - Mon/Wed/Sat	AQPT5
Pretest: May 9	8:00pm-9:15 pm
Class: May 12, 19 May 14, 16, 21, 23	9:30am-5:30pm 6:00pm-9:45pm

Class #6 - Tue/Thu/Sat	AQPT6
Pretest: May 31	8:00pm-9:15pm
Class: Jun 5, 7, 12, 14 Jun 9, 16	6:00pm-9:45pm 9:00am-6:00pm

Class #7 - Mon-Thu	AQPT7
Pretest: Jun 18	9:00am-10:30am
Class: Jun 18 - 21	9:30am-5:30pm

\*Note: Each Sunday class will have one class that will run a full day from 9:30am - 5:30pm. Instructor will confirm schedule at start of session.

## >Water Safety Instructor

Learn to teach swimming and water safety. Pre-test includes demonstration of Level 4 skills while swimming 25 yards front crawl, back crawl, breast stroke, elementary backstroke, and sidestroke, and 15 yards butterfly. Class fee includes materials.

\$30 Pre-test fee (non-refundable)

Member: \$425 Non-member: \$450

### Tuesdays AQTWS1

Pretest	Mar 13
Class:	Mar 13 - Jun 12 evenings

*(Please note that some days class will run until 10:00 pm. These days will be pre-arranged.)*

## > Life Guard Challenge

Life guard challenge is testing only, no instruction. In order to pass your skills must be up to standard before the challenge. Four students must be signed up for the class to go forward.

**Class Fee:** \$200

### Spring 2012

Saturday	Mar 17	LGC1
Saturday	Apr 14	LGC2
Saturday	Jun 2	LGC3
Saturday	Jun 23	LGC4
Saturday	Jun 30	LGC5

## >CPR/AED Training & Review Courses

Bring your own pocket mask and LGT book for review OR if requested in advance, we can provide mask and book for additional fee. Participants must show their current certifications to instructor before the class to re-certify. Certificates cannot be expired more than 6 months. Full schedule is available at our registration desk, or online at [www.ywawpcw.org](http://www.ywawpcw.org), or call the Aquatics Administrator, x140.

**Class Fee:** \$110

### Fall 2011

Sunday	Oct 30	CPR1
Wednesday	Dec 28	CPR2

### Winter 2012

Sunday	Feb 12	CPR1
Saturday	Mar 3	CPR2

### Spring 2012

Saturday	Mar 24	CPR1
Wednesday	Apr 11	CPR2
Sunday	Apr 29	CPR3
Saturday	May 5	CPR4
Saturday	May 19	CPR5
Saturday	Jun 9	CPR6
Tuesday	Jun 19	CPR7

## > Learn to Sail with SEAS

Society for the Education of American Sailors Basic Sailing Certification.

For more information and to register, call (914) 631-4164.

## >Scuba

International PADI certification. Please contact Capt. Mike's at (718) 885-1588.

# Adult Classes & Aquatics Exercise Schedule

for session schedule and fees, see p. 15

## Adult Learn-to-Swim

New 8 week sessions for adults allow more flexibility. Missed adult swim classes can be made up in any other adult Learn-to-Swim class during the course of the session. Adult swim class sign-up includes 12 independent practice sessions to be taken during public swim times.

Seven (7) Week Session:	\$189
Nine (9) Week Session:	\$243
Ten (10) Week Session:	\$270

### > Adult Learn to Swim

Adults can learn to swim, too. Overcome your fears, set your goals, and learn in a supportive environment. Instructors work with adults at all levels to accomplish individual goals.

### >Women's Learn to Swim

Swim class for all levels taught by a female instructor. If requested in advance, we are able to provide female lifeguarding staff and a cloistered environment for some women learn-to-swim classes. Contact the Aquatics Director at x 110.

#### Adult Learn to Swim

Mon	10:15am-11:00am	M1A1	Fall Session 1 (10)	Sept 12-Nov 14
Mon	9:00pm-9:45pm	M2A1	Fall Session 1 (10)	Sept 12-Nov 14
Wed	9:00pm-9:45pm	W1A1	Fall Session 1 (10)	Sept 14-Nov 16

Mon	10:15am-11:00am	M3A1	Fall Session 2 (7)	Nov 21-Jan 23
Mon	9:00pm-9:45pm	M4A1	Fall Session 2 (7)	Nov 21-Jan 23
Wed	9:00pm-9:45pm	W2A1	Fall Session 2 (9)	Nov 23-Jan 25

Mon	10:15am-11:00am	M1A1	Win Session 1 (9)	Jan 30-Mar 26
Mon	9:00pm-9:45pm	M2A1	Win Session 1 (9)	Jan 30-Mar 26
Wed	9:00pm-9:45pm	W1A1	Win Session 1 (9)	Feb 1-Mar 28

Mon	10:15am-11:00am	M1A1	Spr Session 1 (9)	Apr 2-Jun 11
Mon	9:00pm-9:45pm	M2A1	Spr Session 1 (9)	Apr 2-Jun 11
Thur	9:00pm-9:45pm	H1A1	Spr Session 1 (10)	Apr 5-Jun 14

#### Women's Learn to Swim

Tues	9:00pm-9:45pm	T1W1	Fall Session 1 (10)	Sept 13-Nov 15
Wed	10:15am-11:00am	W1W1	Fall Session 1 (10)	Sept 14-Nov 16

Tues	9:00pm-9:45pm	T2W1	Fall Session 2 (9)	Nov 22-Jan 24
Wed	10:15am-11:00am	W2W1	Fall Session 2 (9)	Nov 23-Jan 25

Tues	9:00pm-9:45pm	T1W1	Win Session 1 (9)	Jan 31-Mar 27
Wed	10:15am-11:00am	W1W1	Win Session 1 (9)	Feb 1 - Mar 28

Tues	9:00pm-9:45pm	T1W1	Spr Session 1 (10)	Apr 3-Jun 12
Wed	10:15am-11:00am	W1W1	Spr Session 1 (10)	Apr 4-Jun 13

## Adult Private Swim Lessons

\$45 per ½ hour, based on instructor and pool availability. Discounted packages are available. Please call Private Lesson Coordinator at x 140 or contact the Aquatics Director at x110.

## Personal Training

Through our aquatics personal training program, you can get a professional dedicated to YOU! Offering personalized workouts, coaching for your fitness swimming, or a therapeutic professional to help you transition after rehabilitation.

	Single	5 Pack	10 Pack
30 min :	\$45	\$210	\$400
45 min :	\$60	\$285	\$550

Please contact the Private Lesson Coordinator to request an Aquatic Personal Training Session at (914) 949-6227 x 140 or [pool@ywcaawpcw.org](mailto:pool@ywcaawpcw.org).



## Exercise Classes

No worries about missed classes! Have your class card punched each time that you attend. Design your own session to fit into YOUR schedule.

### >Deep Water Running

Classes taught in the deep and shallow water. Flotation devices worn while working in deep water.

Mondays & Wednesdays 10:15-11:00am

### >Waterfit

Get in shape, stay in shape, or lose weight. The shallow water workout for all ages.

Mondays & Wednesdays 9:00-9:45am

### >Deep Water Core Workout

Flotation devices are used to support and enhance this deep water class focusing on core strength and toning.

Fridays 9:15-10am

### >Aquaerobics Class Cards

8-class ticket \$150

12-class ticket \$220

20-class ticket \$340



## Therapeutic Classes\*

### >Arthritis Foundation Aquatic Program (AFAP)

Specially designed recreational exercise for persons with arthritis. Have fun and meet others. It is not necessary to know how to swim.

• Mondays and Wednesdays

1:00 PM - 1:45pm

### >Water Walk

The water provides strengthening resistance while buoyancy supports balance. This class is a great introduction for those beginning or returning to a fitness program. Individualized group format.

• Tuesdays 10:15-11am

### >Deep Water Balance & Strength

Non-weight bearing exercise is excellent for those with balance & support issues and/or injuries. Flotation devices are used to support and enhance this deep water class.

• Fridays 1:00pm-1:45pm

### Therapeutic Class Cards

10-class ticket \$100

5-class ticket \$ 55

Have your class card punched each time you attend. Fit your exercise to your schedule, not the other way around.

\*Please note that medical release must be submitted prior to class participation. Forms are available online at: [www.ywcawpcw.org](http://www.ywcawpcw.org).

Monday	Tuesday	Wednesday	Thursday	Friday
		AM Classes		
9:00 - 9:45am Waterfit		9:00 - 9:45am Waterfit		
10:15 - 11:00am Deep Water Running	10:15 - 11:00am Water Walk	10:15 - 11:00am Deep Water Running		9:15 - 10:00am Deep Water Workout
---		10:15 - 11:00am Women's Learn to Swim		
10:15 - 11:00am Adult Learn to Swim				
		PM Classes		
1:00 - 1:45pm AFAP		1:00 - 1:45pm AFAP		1:00 - 1:45pm AFAP
---		---		---
9:00 - 9:45pm Adult Learn to Swim	9:00 - 9:45pm Women's Learn-to-Swim	9:00 - 9:45pm Adult Learn to Swim (Fall & Winter Only)	9:00 - 9:45pm Adult Learn to Swim (Spring Only)	