

North Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a - 8:00 a	Early Bird Swim Club 5 - 7 am 2 Lanes Lap Swim	Lap Swim	Early Bird Swim Club 5 - 7 am 2 Lanes Lap Swim	Lap Swim	Lap Swim	Early Bird Swim Club 7 - 8:30 am Pool opens 8:00 am	
8:00 a - 9:00 a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
9:00 a - 10:00 a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
10:00 a - 11:00 p	Lap Swim	Swim Lessons 3 Lanes 10:00-10:45a.m	Lap Swim	Swim Lessons 3 Lanes 10:00-10:45a.m	Lap Swim	Lap Swim	
11:00 a - 12:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool opens 1:00 pm
12:00 p - 3:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:00 p - 4:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:00 p - 6:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6:00 p - 7:00 p	Lap Swim Porpoise Club One Lane	Lap Swim	Lap Swim Porpoise Club One Lane	Lap Swim	Lap Swim Porpoise Club One Lane	Lap Swim	Pool closes 5:30 pm
7:00 p - 8:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Kayak 7:00 - 8:30 pm	Pool closes 6:30 pm	
8:00 p - 9:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Kayak 7:00 - 8:30 pm		
9:00 p - 9:30 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool closes 8:30 pm		

South Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a - 9:00 a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool opens 8:00 am Lap Swim	
9:00 a - 10:00 a	Aqua Ducks Independent Exercise	Aqua FIT Deep Water Special Needs Shallow End	Aqua Ducks Sandy Independent Exercise	Aqua FIT Deep Water Family Swim Shallow	Aqua Bodies in Motion 9:30-10:30	H ₂ O Boogie Amy	
10:00 a - 11:00 a	Aqua Bodies in Motion- CeCe Independent Exercise	Aqua Ducks Cece Swim Lessons Shallow	Aqua Bodies in Motion-Sandie Independent Exercise	Aqua Ducks Cece Swim Lessons Shallow	Aqua Bodies in Motion 9:30-10:30 Independent Exercise	Swim Lessons 10:00am- 12:00pm	
11:00 a - 12:00 p	Arthritis Flex & Stretch Independent Exercise	Arthritis Flex & Stretch Independent Exercise	Arthritis Flex & Stretch Independent Exercise	Arthritis Flex & Stretch Independent Exercise	Arthritis Flex & Stretch Independent Exercise	Swim Lessons 10:00am- 12:00pm	
12:00 p - 1:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Stretch Shonna 12:15-1:00 pm**	Pool opens 1:00 pm
1:00 p - 2:00 p	Adventure Camp Swim Time	Family Swim 2 Lanes Lap Swim 2 Lanes	Family Swim 2 Lanes Lap Swim 2 Lanes	Family Swim 2 Lanes Lap Swim 2 Lanes	Family Swim 2 Lanes Lap Swim 2 Lanes	Family Swim & Parties	Family Swim Lap Swim 1 Lane
2:00 p - 3:00 p	Kids at Heart Deep - Dee Family Swim Shallow End	Camp Swim Time	Kids at Heart Deep - Dee Family Swim Shallow End	Camp Swim Time	Family Swim 2 Lanes Lap Swim 2 Lanes	Family Swim & Parties	Family Swim Lap Swim 1 Lane
3:00 p - 4:00 p	Camp Swim Time	Family Swim First Baptist Free Swim	Water Stretch Shonna 3:30-4:15 pm One Lane Lap Swim	First Baptist Swim Lessons 3-3:30 p.m.	Family Swim 2 Lanes Lap Swim 2 Lanes	Family Swim & Parties	Family Swim Lap Swim 1 Lane
4:00 p - 5:00 p	Project Rise & Family Swim 3 Lanes Lap Swim 1 Lane	Family Swim First Baptist Free Swim	Family Swim 4:15 2 Lanes Lap Swim 4:15 2 Lanes	Family Swim 2 Lanes Lap Swim 2 Lanes	Family Swim 2 Lanes Lap Swim 2 Lanes	Family Swim 3 Lanes Lap Swim 1 Lane	Family Swim Lap Swim 1 Lane
5:00 p - 6:00 p	Swim Lessons 5:00 -6:45 p.m.	Swim Lessons 5:00 -6:45 p.m.	Swim Lessons 5:00 -6:45 p.m.	Swim Lessons 5:00 -6:45 p.m.	Family Swim 2 Lanes Lap Swim 2 Lanes	Family Swim 3 Lanes Lap Swim 1 Lane	Pool closes 5:30 pm
6:00p - 7:00p	Swim Lessons 5:00 -6:45 p.m.	H ₂ O Boogie Amy 6:45-7:45pm	Swim Lessons 5:00 -6:45 p.m.	H ₂ O Body Sculpt 6:45-7:45pm Laura	Family Swim	Pool closes 6:30pm	
7:00p - 8:45 p	Advanced Water Fitness 7-8:00pm	7:45 Family Swim 3 Lanes Lap Swim 1 Lane	Advanced Deep Water 7-8:00pm Family Swim Shallow	7:45 Family Swim 3 Lanes Lap Swim 1 Lane	Family Swim	**During Water Stretch, 1 lap lane may be available.	
8:45 p - 9:30 p	Family Swim 3 Lanes Lap Swim 1 Lane	Family Swim 3 Lanes Lap Swim 1 Lane	Family Swim 3 Lanes Lap Swim 1 Lane	Family Swim 3 Lanes Lap Swim 1 Lane	Pool closes 8:30pm		

The YMCA Mission
To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

THIS SCHEDULE IS NOT MINUTE-BY-MINUTE AND CAN BE ADJUSTED BY THE AQUATICS STAFF AT ANY TIME TO ACCOMMODATE AS MANY PARTICIPANTS AS POSSIBLE. THANK YOU FOR YOUR COOPERATION AND SUPPORT!

Aquatic Program Highlights

Low Intensity/Beginner Classes

Aqua Ducks is a low to medium intensity workout in shallow water. Perfect for the beginner or the active senior who wants to get in shape and keep moving. Cardio and strength training exercises are designed to shape and tone muscles throughout the body, improve balance and benefit well-being. Trust us – this class is a LOT of fun!

Water Stretch is designed for people of all activity levels to stretch and tone the entire body while enjoying the mobility and freedom of the water. Great for swimmers before or after laps, for starting on the road to wellness, and for pregnant mamas, too! **Instructor: Shonna**

Arthritis Flex and Stretch, low intensity stretching in shallow water, is designed with the Arthritis Foundation Guidelines for active adults dealing with joint pain and range-of-motion issues. This class guides you through gentle motions that increase active range of motion and flexibility without putting additional stress on joints or overusing any area of the body.

Medium Intensity/Intermediate Classes

Mighty Aqua Ducks is a medium intensity workout, a great introduction to water fitness in deep water. Perfect for beginners and active seniors, this class involves cardio fitness and isolation exercises designed to give you a total body workout. The focus is on large muscle groups, including abdominals, and on balance. *Participants must be comfortable floating in deep water and will be required to wear a flotation belt.*

Kids at Heart is a medium/high level intensity class which begins with active stretching. We work out with music, concentrate separately on upper body, legs, and mid-section, and use interval training before repeating the sequence. Dumbbells are optional at all times to increase resistance. *Participants must be comfortable floating in deep water and will be required to wear a flotation belt.*

Aqua Bodies in Motion is a medium intensity aerobic workout which provides a healthy variety of cardio with shaping and toning moves that will encourage you to get your heart pumping and your body moving. This class uses various weights and resistance tools in the water to enhance muscle tone and development.

High Intensity/Advanced Classes

WaterFIT is a medium/high intensity total body sculpt and shape workout in deep water. This class will challenge you to get your heart pumping, muscles moving, wake up your metabolism and get you on the road to better shape. *Participants must be comfortable floating in deep water and will be required to wear a flotation belt.*

High Intensity Deep Water and **High Intensity Medium Depth** are new evening classes on Monday and Wednesday Evenings. You can expect a workout designed to test your limits, honed in the hard core Water Body Boot Camp.

Asheville YMCA Pool Hours

Monday - Thursday	5:30 am - 9:30 pm
Friday	5:30 am- 8:30 pm
Saturday	8:00 am - 6:30 pm
Sunday	1:00 pm - 5:30 pm

Jessica Stavish
Aquatics Director
jstavish@ymcawnc.org
828-210-9605

Kaela magee
Aquatics Coordinator
kmagee@ymcawnc.org
828-210-9622 ext. 265

YAQUATICS
We build strong kids, strong families, strong communities.

Asheville YMCA July 2010

Aquatics Schedule & Program Guide

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 First Baptist Swim Lessons 3:00-3:30	2	3
4	5	6 First Baptist Free Swim 3:00-5:00	7	8 First Baptist Swim Lessons 3:00-3:30	9 Last Day of Swim Lesson Registration	10 Swim Lessons Begin Sat.
11	12 Monday-Thurs Swim Lessons Begin	13 First Baptist Free Swim 3:00-5:00	14	15 First Baptist Swim Lessons 3:00-3:30	16	17
18	19 Guard Start 10am-4pm	20 First Baptist Free Swim 3:00-5:00 LG Class 9-5	21 LG Class 9-5	22 LG Class 9-5 First Baptist Swim Lessons 3:00-3:30	23 LG Class 9-5	24
25	26	27 First Baptist Free Swim 3:00-5:00	28	29 First Baptist Swim Lessons 3:00-3:30	30	31

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