

## Member Benefits

Northwest YMCA

# YAQUATICS™

*Schedule from May 23  
through July 23, 2010*

## Water Exercise

Facility members, ages 12 & older, may choose from 21 classes a week as a benefit of membership.

## Aquafit

This class includes 15 minutes of hydro power, 15 minutes of deep water and 15 minutes of body sculpting.

## CARDIO SCULPT

This class involves aerobic conditioning and sculpting to tone muscle.

## Cardio Core

Strengthen core in water with a cardio twist. Working on abs and back strength.

## DEEP WATER

Suspend yourself in the deep end to get a great aerobic workout. Belts available.

## HYDRO POWER

A "power packed" cardio workout. This class will contain various cardio workouts such as hi/low intensity, circuits, deep water and include toning with various exercise gear.

## H2O BOOT CAMP

High intensity workout where anything goes. Using various types of equipment.

## Aqua Shake

Put some dance moves into your work out. Dance your way through the class and let the water give you more resistance.

## Triathlon Training

Join us in the pool for Triathlon training and then head to the spinning studio for the bike training portion. See land schedule for bike training times.

## Specialty Water Exercise

*Offered to facility & program members for a fee.*

## Twinges in Hinges

Emphasis is on exercises which could improve daily living for those individuals with Arthritis or other connective tissue disorders.  
*Facility members: Free  
Program members: \$49 for 12 classes*

## WATERFIT SR.

*For Ages 62+: An energizing class to get you fit while you make new friends. Come when you can.  
Facility members: FREE  
Program members: \$49 for 12 classes*

## Water Walking & Jogging

Feel free to use our equipment during this unsupervised program time. Need some helpful hints? Call the Aquatics Director at (770) 514-4365.

## Sauna & Whirlpool

Members and guests at least **18 years old** may relax and enjoy our sauna and whirlpool. They are located off the pool deck. Setting reasonable time limits for yourself when enjoying these amenities is strongly encouraged.

## Open Swim

Members 8-12 Years old must pass a swim test to swim without parental supervision. Parents must be in the building. Children 7 years and younger who pass the swim test must have a parent in the pool or seated on the pool deck. Children that cannot pass the swim test must have an adult (18 years or older) in the pool within arms length. A swim pass will be issued for those that pass the swim test. This pass can be used at any Atlanta Metro YMCA pool.

## LAP SWIMMERS

There is always one guaranteed lap lane for lap swimmers only. If there are multiple swimmers you need to share the lane.

*Weekly schedule is on the flip side.*

For information on preschool, youth and adult swimming lessons, please see the swim sheets in the member services office.

We also offer private swim lessons for facility members. (prices are per person)

Private \$100  
Semi-Private \$80  
Three Person \$60

Go online to [wcy.ymcaatlanta.org](http://wcy.ymcaatlanta.org) and click on 'Schedules' to view or download the current Northwest Y Aquatics schedule.

For more information, contact Aquatics Director  
Lisa Gardiner at (770) 514-4365 or [lisag@ymcaatlanta.org](mailto:lisag@ymcaatlanta.org).

## Pool schedule effective May 23, 2009 – July 23, 2010

### MONDAY

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Deep Water – Mary Kay
8:45- 9:15 am	Boot Camp – Mary Kay
9:15-10:00 am	Cardio Sculpt – Lisa H
10:00-11:00 am	<b>Open/Camp Swim</b>
11:00-11:45 am	Twinges in Hinges ^ - Lisa H
12:00-1:00 pm	Swim Lessons**
1:00-3:00 pm	<b>Open/Camp Swim</b>
3:00-4:30 pm	<b>Open Swim</b>
4:30-6:00 pm	Swim Lessons**
6:00-6:45 pm	Deep Water – Jennifer
6:45-8:15 pm	Swim Lessons**
8:15-9:00 pm	Triathlon Training - Muriel
9:00-9:45 pm	<b>Open Swim</b>

### TUESDAY

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Deep Water – Julie
8:45- 9:15 am	Cardio Core – Julie
9:15-10:00 am	Sr. Water Fit ^ – Mary Kay
10:00-11:00 am	<b>Open/Camp Swim</b>
11:00-12:00 am	<b>Open Swim</b>
12:00-1:00 pm	Swim Lessons**
1:00-3:00 pm	<b>Open/Camp Swim</b>
3:00-4:30 pm	<b>Open Swim</b>
4:30-8:15 pm	Swim Lessons**
8:15-9:45 pm	<b>Open Swim</b>

### WEDNESDAY

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Boot Camp – Lisa S
8:45- 9:15 am	Aqua Shake – Lisa S
9:15-10:00 am	Deep Water – Lisa H
10:00-11:00 am	<b>Open/Camp Swim</b>
11:00-11:45 am	Twinges in Hinges ^ - Jennifer
12:00-1:00 pm	Swim Lessons**
1:00-3:00 pm	<b>Open/Camp Swim</b>
3:00-4:30 pm	<b>Open Swim</b>
4:30-6:00 pm	Swim Lessons**
6:00-6:45 pm	Aqua Fit – Sally
6:45-8:15 pm	Swim Lessons**
8:15-9:45 pm	<b>Open Swim</b>

### THURSDAY

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Deep Water – Sara
8:45- 9:15 am	Cardio Core – Sarah
9:15-10:00 am	Sr. Water Fit ^ – Jennifer
10:00-11:00 am	<b>Open/Camp Swim</b>
11:00-12:00 pm	<b>Open Swim</b>
12:00-1:00 pm	Swim Lessons**
1:00-3:00 pm	<b>Open/Camp Swim</b>
3:00-4:30 pm	<b>Open Swim</b>
4:30-8:15 pm	Swim Lessons**
8:15-9:45 pm	<b>Open Swim</b>

### FRIDAY

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Hydro Power – Kimberly
8:45-9:15 am	Aqua Shake – Lisa S
9:15-10:00 am	Deep Water – Lisa S
10:00-11:00 am	<b>Open/Camp Swim</b>
11:00-11:45 am	Twinges in Hinges ^ - Sally
11:45-1:00 pm	<b>Open Swim</b>
1:00-3:00 pm	<b>Open Swim/Camp Swim</b>
3:00-8:45 pm	<b>Open Swim</b>

### SATURDAY

8:15-9:15 am	H2O Boot Camp - Jennifer
9:30 am-10:15 am	Triathlon Training - Muriel
10:15am – 5:45 pm	<b>Open Swim</b>

### SUNDAY

1:00-5:45 pm	<b>Open Swim</b>
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\*\*During summer swim lessons, there is one lap lane for lap swimmers and one open lane for open swim. Memorial Day and July 4<sup>th</sup> swim lessons will be made up on Friday of those weeks.

^ Specialty classes are open to program members who register in advance and pay the fee.

Adult Lap Swim is open to ages 15 & older. Regular Lap Swim is open for ages 8 and older who have passed the Y swim test.

*Schedule is subject to change without notice.*

**Questions? Contact Aquatics Director**  
 Lisa Gardiner at 770-514-4365 or [lisaq@ymcaatlanta.org](mailto:lisaq@ymcaatlanta.org)