

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|--|---------------------------------------|--|---|
| 8:05am - 9:00am Deep Water Fitness | 8:05am - 9:00am Deep Water Fitness | 8:05am - 9:00am Deep Water Fitness | 8:05am - 9:00am Deep Water Fitness | 8:05am - 9:00am Deep Water Fitness | |
| 9:05am - 10:00am Water Step Aerobics | | 9:05am - 10:00am Water Step Aerobics | | 9:05am - 10:00am Water Step Aerobics | |
| 10:05am - 10:50am Water Wellness | | 10:05am - 10:50am Water Wellness | | 10:05am - 10:50am Water Wellness | |
| 10:15am - 11:00am Therapeutic Mobility | | 10:15am - 11:00am Therapeutic Mobility | | 10:15am - 11:00am Therapeutic Mobility (<u>no</u> instructor) | |
| 11:05am - 12:00pm Sassy Seniors | 11:00am - 12:00pm Aqua ZUMBA | 11:05am - 12:00pm Sassy Seniors | 11:00am - 12:00pm Aqua ZUMBA | 11:05am - 12:00pm Sassy Seniors | |
| 12:05pm - 1:00pm Deep Water Fitness | | 12:05pm - 1:00pm Deep Water Fitness | | 12:05pm - 1:00pm Deep Water Fitness | |
| 5:05pm - 6:00pm Shallow Water Fitness | | 5:05pm - 6:00pm Shallow Water Fitness | | 5:05pm - 6:00pm Shallow Water Fitness | |
| Lap Swimming 5:30am - 8:00pm | Lap Swimming 5:30am - 8:00pm | Lap Swimming 5:30am - 8:00pm | Lap Swimming 5:30am - 8:00pm | Lap Swimming 5:30am - 8:00pm | Lap Swimming 8:30am - 11:00am 3:00pm - 7:30pm |

Temperatures: the swimming pool is 83° and the therapy pool is 97°

Aqua ZUMBA

Join the "pool party" workout! Aqua ZUMBA combines dance moves and music with the buoyancy of water exercise. All fitness levels welcome.

Deep Water Fitness

Participants wear aqua jogger belts and use water weights to get a full body and cardiovascular workout.

Sassy Seniors

Low intensity water fitness offers a wonderful social aspect and includes stretching, flexibility and toning exercises.

Shallow Water Fitness

Stimulating full body exercise using water resistance to achieve a vigorous workout.

Therapeutic Mobility

A very gentle, water based class emphasizing stretching, joint mobility, range of motion and body awareness. Held in the therapy pool.

Water Step Aerobics

Low impact step aerobics using a step and water resistance for a full body workout.

Water Wellness

Range of motion and balance exercises designed to help cope with the varied symptoms of MS, Fibromyalgia and post-op rehabilitation. Tailored to your fitness level.

Prenatal Fitness

Shallow Water Fitness, Water Step Aerobics and Water Wellness classes are good choices for fitness while pregnant.

Lap Swimming

One of the best non-impact work-outs. Our lap swim requires people to share a lane by circle swimming counter clockwise. Private lanes are not available.

To learn the busy and slow times in the pool, check the pool map on back of this flyer.

Our pool is UV!

Our ultraviolet water purifying system is better than saline pools and much better than chlorine systems.

Rogue Valley Family YMCA Pool Schedule

Spring 2012

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|-------------------------------|-------------------------------|---------------------|-------------------------------|---------------------|--|
| 5:30-6:00 | OPEN | OPEN | OPEN | OPEN | OPEN | Rec Swim (toys are available) |
| 6:00-6:30 | Deep Water Fitness | Deep Water Fitness | Deep Water Fitness | Deep Water Fitness | Deep Water Fitness | Lap Swim |
| 6:30-7:00 | Water Step Aerobics | Swim Lessons | Water Step Aerobics | Swim Lessons | Water Step Aerobics | Lap Swim |
| 7:00-7:30 | Water Wellness | Aqua ZUMBA | Water Wellness | Aqua ZUMBA | Water Wellness | Lap Swim |
| 7:30-8:00 | Sassy Seniors | OPEN | Sassy Seniors | OPEN | Sassy Seniors | RESERVED for private pool parties, lifeguard training, church baptisms, swim meets, etc. |
| 8:00-8:30 | Deep Water Fitness | OPEN | Deep Water Fitness | OPEN | Deep Water Fitness | Rec Swim (toys are available) |
| 8:30-9:00 | Water Step Aerobics | Swim Lessons | Water Step Aerobics | Swim Lessons | Water Step Aerobics | Rec Swim (toys are available) |
| 9:00-9:30 | Water Wellness | Aqua ZUMBA | Water Wellness | Aqua ZUMBA | Water Wellness | Swim Team (lane open) |
| 9:30-10:00 | Sassy Seniors | OPEN | Sassy Seniors | OPEN | Sassy Seniors | Swim Team |
| 10:00-10:30 | Deep Water Fitness | OPEN | Deep Water Fitness | OPEN | Deep Water Fitness | Swim Team |
| 10:30-11:00 | OPEN | Rec Swim (toys are available) | OPEN | Rec Swim (toys are available) | OPEN | Swim Team |
| 11:00-11:30 | Deep Water Fitness | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | Deep Water Fitness | Swim Team |
| 11:30-12:00 | OPEN | Rec Swim (toys are available) | Deep Water Fitness | Rec Swim (toys are available) | OPEN | Swim Team |
| 12:00-12:30 | OPEN | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 12:30-1:00 | OPEN | Rec Swim (toys are available) | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 1:00-1:30 | Rec Swim (toys are available) | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 1:30-2:00 | Shallow Water Fitness | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 2:00-2:30 | Rec Swim (toys are available) | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 2:30-3:00 | Shallow Water Fitness | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 3:00-3:30 | Rec Swim (toys are available) | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 3:30-4:00 | Shallow Water Fitness | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 4:00-4:30 | Rec Swim (toys are available) | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 4:30-5:00 | Shallow Water Fitness | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 5:00-5:30 | Rec Swim (toys are available) | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 5:30-6:00 | Shallow Water Fitness | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 6:00-6:30 | Rec Swim (toys are available) | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 6:30-7:00 | Shallow Water Fitness | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 7:00-7:30 | Rec Swim (toys are available) | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |
| 7:30-8:00 | Shallow Water Fitness | Swim Lessons and Swim Team | Deep Water Fitness | Swim Lessons and Swim Team | OPEN | Swim Team |

- Notes:**
1. The pool is usually divided into two parts, one with lap lanes and one without. The chart above illustrates the two halves.
 2. OPEN means that anyone ages 13+ may use the pool. Fitness equipment is allowed but recreational toys are not.
 3. During OPEN times, children ages 12 & under must be with an adult (18+) who is also in the water.
 4. Rec Swim (or family swim) has toys available. Children ages 6 & under need to be with an adult, but ages 7+ are allowed solo.
 5. Lap Swim requires people to share a lane by circle swimming (counter clockwise). Private lanes are not available.