



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## ARMBRUST FAMILY YMCA

Effective 9/5/10

(subject to change at any time)

PLEASE  
NOTE  
CHANGES

### Family Recreational Pool

*Times listed below are available for open swim.*

Sunday	11:00am-4:15pm
Mon/Wed	5:30am-9:30pm* <i>(Slide closed 8:00-10:00am &amp; 4:45p-7:30p)</i>
Tues/Thurs	5:30am-5:15pm* <i>(Slide closed 8:00-10:00am)-</i> 8:00-9:30pm
Friday	5:30am-9:30pm*
Sat	7:00am—8:45am <i>Slide Closed 8:00—8:45 am</i> 12:00pm-4:30pm

*During times other than those listed below, the pool is closed for YMCA swim lessons, swim team, or water exercise classes. For information on these activities, please consult the YMCA Program Guide, or visit our Member Service Center.*

### Lap Pool

*Times listed below are available for lap swimmers only. Available lanes are noted.*

Sunday	11:00—4:15pm	3 lanes
Mon/Wed	5:30am—9:00am	3 lanes
	9:00am—10:00am	1 lane
	10:00am—5:30pm*	3 lanes
	5:30pm—8:30pm 8:30pm—9:30pm	1 lane 3 lanes
Tues/Thurs	5:30am—9:00am	3 lanes
	9:00am-10:00am	1 lane
	10:00am-4:30pm*	3 lanes
	4:30-5:15pm	0 lanes
	5:15pm-8:30pm	0 lanes
	8:30pm—9:30pm	3 lanes
Fri	5:30am—9:00am	3 lanes
	9:00am-10:00am	1 lane
	10:00am-9:30pm*	3 lanes
Sat	7:00am—8:45am	3 lanes
	8:45am—1:30pm	0 lanes
	1:30pm—4:30pm	3 lanes



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# WATER AEROBICS SCHEDULE

ARMBRUST FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM Classes</b>					
9:00-10:00am Aquacise Tracy	9:15-10:15am Aquacise Amy	9:00-10:00am Aquacise Donna	9:15-10:15am Aquacise Amy	9:15-10:15am Aquacise Donna	8:00-8:45am Water Surprise Anne/Tracy
10:10-11:10am Deep Water Workout Amy		10:10-11:10am Deep Water Workout Anne			
<b>PM Classes</b>					
5:40-6:30 Aquacise Nancy		5:40-6:30pm Aquacise Nancy			
6:40-7:30pm Deep Water Workout Emily		6:40-7:30 Deep Water Workout Nancy			

Registration for classes begins Aug. 23rd for Members, Aug. 27th for Non-Members  
Classes run September 5th-October 23rd (7 Week Session)

**Cost:**

	1 day/week	2days/week	3days/week
Members:	Free	Free	Free
Non-Members:	\$59	\$118	\$176

Class Descriptions on opposite side





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## Class Descriptions

**Aquacise:** This is an aerobic workout without traumatic impact to the joints. Results include increased muscular tone, flexibility, and cardiovascular endurance. No swimming experience required.

**Deep Water Workout:** A great workout with water belts. If you want a higher-intensity water workout with no impact on your joints, this is what you've been looking for. You must be comfortable in deep water.

**Water Surprise:** Shake it! See what's inside. This class is for all fitness levels. It incorporates a variety of water exercise techniques which combines aerobic conditioning and water toning.

**Registration for classes begins Aug. 23rd for Members, Aug. 27th for Non-Members  
Classes run September 5th-October 23rd (7 Week Session)**

**Cost:**

	1 day/week	2days/week	3days/week
Members:	Free	Free	Free
Non-Members:	\$59	\$118	W\$176

