

| <i>M O N</i> | <i>T U E</i> | <i>W E D</i> | <i>T H U</i> | <i>F R I</i> | <i>S A T</i> | <i>S U N</i> |
|---|--|---|--|--|--|--|
| Lap Swim 5:30am-8:00 am | Lap Swim 5:30am-8:00am | Lap Swim 5:30am-8:00 am | Lap Swim 5:30am-8:00am | Lap Swim 5:30am-8:00am | | |
| ★ Pool Fitness 8:00am-9:00am | Open/Lap Swim 8:00am-10:00am | ★ Pool Fitness 8:00am-9:00am | Open/Lap Swim 8:00am-10:00am | ★ Pool Fitness 8:00am-9:00am | Lap Swim 6:45am-8:55am 2-4 lanes | Lap Swim 8:00am-11:00am |
| Open/Lap Swim 9:00am-11:30am | Preschool swim lessons\$ 10:00am-11:00am Lap Swim 10:00-11:00 (1-2 Lanes) | Open/Lap Swim 9:00am-11:30am | Preschool swim lessons\$ 10:00am-11:00am Lap Swim 10:00-11:00 (1-2 Lanes) | Open/Lap Swim 9:00am-11:30am | Adult Swim Lessons \$ 8:25am-8:55am 2 lanes | Open/Lap Swim 11:00am-12:55pm |
| Lap Swim 11:30am-1:45pm AOA Class 1:45pm-2:30pm Lap Swim 2 lanes | Lap Swim 11:30am-1:30pm | Lap Swim 11:30am-1:30pm | Lap Swim 11:30am-1:30pm | Lap Swim 11:30am-1:30pm | Swim Lessons \$ 9:00am-10:30am | Swim Lessons \$ 1:00pm-2:30pm |
| Open/Lap Swim 2:30pm-3:55pm | Open/Lap Swim 1:30pm-4:00pm | Open/Lap Swim 1:30pm-3:55pm | Open/Lap Swim 1:30pm-4:40pm | Open/Lap Swim 1:30pm-5:30pm | ★ Pool Fitness 10:30am-11:30am | Open/Lap Swim 2:30-5:30 |
| Swim Lessons \$ 4:00pm-6:10pm | Lap Swim 4:00-4:40pm (2 Lanes) CC Swim Lessons \$ 4:00-5:30pm | Swim Lessons \$ 4:00pm-6:10pm | CC Swim Lessons \$ 4:45pm-5:30pm | Lap Swim 5:30-7:30 2 lanes Synchronized Swim \$ 5:30pm-7:30pm | Porpoise Club \$ 11:30-12:15 Lap Swim 11:30am-12:15pm 1 Lane | Lap Swim 5:30pm-7:45pm 2 lanes Synchronized Swim \$ 5:30-7:45pm 2 lanes |
| ★ Swim Training 6:15-7:15 pm Lap Swim 1 lane 5:30pm-7:15pm | ★ Pool Fitness 5:30pm-6:30pm | ★ Swim Training 6:15-7:15 pm Lap Swim 1 lane 5:30pm-7:15pm | ★ Pool Fitness 5:30pm-6:30pm | Open/Lap Swim 7:30pm-9:45pm | Open/Lap Swim 12:15pm-7:45pm | |
| Open /Lap Swim 7:15pm-9:45pm | Open/Lap Swim 6:30pm-9:45pm | Open /Lap Swim 7:15pm-9:45pm | Open/Lap Swim 6:30pm-9:45pm | | | |
| | | | | | | |

\$ Denotes fee & registration required prior to attending. See the Y Program Guide for descriptions & dates.

★ New to exercise or just starting back up? Look for this symbol for a class to get you started.

This schedule is **EFFECTIVE Jan 1st 2010-March 31st 2010** Schedule subject to change at any time. www.ymcaby.org/schedules.html

Please Note: Joining class more than 10 minutes after it has started may be unsafe and put you at risk of injury.

| C L A S S | L E V E L | D E S C R I P T I O N |
|----------------------|----------------------|---|
| AOA POOL FITNESS | Challenged | Our Active Older Adults (AOA) pool fitness class brings the enjoyment of the water to our AOA members with disabilities. |
| CC SWIM LESSONS | After School Program | This is a swim program for our after school participants. Please see the Y Program guide for details. |
| LAP SWIM | All | This time is reserved for lap swimmers only. |
| OPEN/LAP SWIM | All | Two lap lanes are dedicated for lap swimmers and two lanes are dedicated for open swim. Lap swimmers can use the open section. |
| POOL FITNESS | All | Excellent alternative to land aerobics. Ability to swim is not necessary. Cardiovascular and strength training is the focus of this class. |
| PORPOISE CLUB \$ | Ages 6-18 | Coached swim training for kids and teens looking to stay in shape for fitness or swim team. |
| SWIM LESSONS \$ | Ages 3-12 | The YMCA Swim lesson program is designed for kids 3 – 12. Each skill level builds upon the preceding level, with 12 levels covering all the basic building blocks to swimming, strokes, diving fundamentals and safety skills. |
| SYNCHRONIZED SWIM \$ | Youth | Come join the Alpine Angelfish Synchronized Swim Team. For more information contact the Aquatics department at 303-443-4474 ext 2750 |
| SWIM TRAINING | For all levels | Swim Training is a coached workout for beginners to advanced swimmers that will improve your stroke and aerobic fitness. Swimmers must be able to swim 100 yards and have a rotary breathing pattern before entering this class. Please see the coach if you have questions. Free program for all YMCA members. |

HOT TUB RULES (All rule changes have been made due to the safety concerns towards all members and guests.)

- Hot tub maximum load 8 members: time limit 15 minutes.
- Children under 6 are not allowed.
- Children 6-9 must be accompanied by a parent or guardian while in the hot tub.
- Consult a physician before use if you are pregnant, in poor health or under medical care. Exit immediately if you become dizzy, uncomfortable or sleepy.
- Breathing heated air in conjunction with the consumption of alcohol, drugs, prescription medication or elevated body temperature from working out can cause unconsciousness.
- A bathing suit is required!

FUN AQUATIC FACTS

- The workout in swimming comes because you're moving against the resistance of the water, which is equal to more than ten times the resistance of air. (Resistance is any force that makes it harder for you to move.) So you're getting a cardio workout like running or aerobics, and a resistance workout like you'd get with weight lifting.
- In the year 1920, lap lane dividers were introduced to swimming.
- Dolphins can dive up to 30 meters (98 feet) and can stay under water for up to 1 hour.
- The blue whale is the largest living creature on earth.

POOL FACTS

1 length = 25 yards

70.4 lengths = 1760 yards = 1 mile

We use chlorine in the pool and hot tub

The facility is open 97 hours per week

The pool is open 95 hours per week

We offer:

89 hours of lap swim per week (15 hours per day)

8 hours of fitness classes per week (1-2 classes per day)