



AQUATICS

Fall 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7AM	TITANS PRACTICE 6:00AM-7:30AM	TITANS PRACTICE 6:00AM-7:30AM LANE SWIM 6:00AM-7:30AM	TITANS PRACTICE 6:00AM-7:30AM	TITANS PRACTICE 6:00AM-7:30AM LANE SWIM 6:00AM-7:30AM	TITANS PRACTICE 6:00AM-7:30AM	TITANS PRACTICE 7:00AM-9:00AM	LANE SWIM 7:30AM-9:00AM
8AM	AQUA COMBO 8:00AM-8:45AM	AQUA RUNNING 8:00AM-8:45AM LANE SWIM 8:00AM-9:00AM AQUA YOGA 8:45AM-9:20AM	AQUA COMBO 8:00AM-8:45AM	AQUA RUNNING 8:00AM-8:45AM LANE SWIM 8:00AM-9:00AM AQUA YOGA 8:45AM-9:20AM	AQUA FIT 8:00AM-8:45AM		
9AM	LANE SWIM 9:00AM-10:00AM	BABY AND ME AQUA FIT 9:00AM-9:45AM LANE SWIM 9:00AM-10:00AM	LANE SWIM 9:00AM-10:00AM	BABY AND ME AQUA FIT 9:00AM-9:45AM LANE SWIM 9:00AM-10:00AM	LANE SWIM 9:00AM-10:00AM	PARENT ASSISTED LESSONS 9:00AM-9:30AM LESSONS 9:00AM-11:30AM	PARENT ASSISTED LESSONS 9:00AM-9:30AM LESSONS 9:00AM-11:30AM
10AM	PARENT ASSISTED LESSONS 10:00AM-10:30AM	POOL RENTAL 10:00AM-11:00AM	POOL RENTAL 10:00AM-11:00AM	POOL RENTAL 10:00AM-11:00AM	PARENT ASSISTED LESSONS 10:00AM-10:30AM		
11AM	HYDROTHERAPY 11:15AM-12:00PM	HYDROTHERAPY 11:15AM-12:00PM	HYDROTHERAPY 11:15AM-12:00PM	HYDROTHERAPY 11:15AM-12:00PM			
12PM	ADULT SWIM 12:00PM-1:00PM	ADULT SWIM 12:00PM-1:00PM	ADULT SWIM 12:00PM-1:00PM	ADULT SWIM 12:00PM-1:00PM	ADULT SWIM 12:00PM-1:00PM	OPEN SWIM 12:00PM-2:00PM	OPEN SWIM 12:00PM-2:00PM
1PM	LANE SWIM 1:00PM-2:00PM	LANE SWIM 1:00PM-2:00PM HYDROTHERAPY 1:15PM-2:00PM	LANE SWIM 1:00PM-2:00PM	LANE SWIM 1:00PM-2:00PM HYDROTHERAPY 1:15PM-2:00PM	LANE SWIM 1:00PM-2:00PM		
2PM	AQUA FIT 2:00PM-2:45PM	POOL RENTAL 2:00PM-3:00PM	AQUA FIT 2:00PM-2:45PM	POOL RENTAL 2:00PM-3:00PM	AQUA FIT 2:00PM-2:45PM	LANE SWIM 2:00PM-3:00PM	LANE SWIM 2:00PM-3:00PM
3PM	TITANS PRACTICE 3:30PM-5:30PM	TITANS PRACTICE 3:30PM-5:30PM	TITANS PRACTICE 3:30PM-5:30PM	TITANS PRACTICE 3:30PM-5:30PM	TITANS PRACTICE 3:30PM-5:30PM	BIRTHDAY PARTY 3:00PM-4:00PM	BIRTHDAY PARTY 3:00PM-4:00PM
4PM	LESSONS 4:30PM-7:00PM	LESSONS 4:30PM-7:00PM	LESSONS 4:30PM-7:00PM	LESSONS 4:30PM-7:00PM	OPEN SWIM 5:30PM-7:00PM		
5PM	PARENT ASSISTED LESSONS 5:10PM-5:40PM	PARENT ASSISTED LESSONS 5:10PM-5:40PM	PARENT ASSISTED LESSONS 5:10PM-5:40PM	PARENT ASSISTED LESSONS 5:10PM-5:40PM			
7PM	OPEN SWIM 7:00PM-8:00PM LANE SWIM 7:00PM-8:00PM	AQUA BOOTCAMP 7:15PM-8:00PM	OPEN SWIM 7:00PM-8:00PM LANE SWIM 7:00PM-8:00PM	AQUA BOOTCAMP 7:15PM-8:00PM			

■ North Bay Titans Practice
 ■ Open Swim
 ■ Lessons
 ➡ New Program!

Lane Swim
 ■ Aqua Fitness
 ■ Adult Swim

■ Pool Rental
 ■ Birthday Party
 / Registration Required

Lane Swim: When coming to one of our fitness swims, our lap pool is available for young adults, adults, and seniors to enjoy lane swimming in leisure, medium and fast paced options.

Open Swim: Everyone is welcome to use our Splash Pad, Teach Pool and Therapy Pool!

Therapy Pool: Warm pool set to 36 degrees Celsius. Open for use any time with the exception of during Hydrotherapy and swimming lessons.

Splash Pad: Small body of water with waterfalls and floating toys available. Available only during Open Swims.



AQUATICS

REGISTERED CLASSES

Parent Assisted Lessons (30-minute lessons)

For members ages 6 Months-2 Years.

Registration required.

An introductory class for babies/toddlers and parents.

Youth Stroke Correction (Minimum Swimmer Level)

Designed to supplement swim strokes from the Swimmer and Star levels. Members only.

Registration required.

Teen/Adult Swim Lessons (Ages 13 years and up)

Are you looking to learn better technique, or want to learn to swim? Our YMCA Swim Instructors will help! Members only.

Registration required.

Stars (45-minute lessons)

For members ages 6-12 years.

Registration required. The YMCA Star Swimmer Program introduces the swimmer to a wide variety of swimming and water activity skills in a values based environment. The young swimmer is better able to select a satisfying path toward synchronized swimming, lifesaving, competitive swimming or leadership at the more advanced levels and be confident that the basic instruction has been sound. Water safety education and awareness is a component of instruction at all levels. This program consists of 7 levels: Star 1 to Star 7.

Lil' Dippers (30-minute lessons)

For members ages 3-5 years. Registration required. YMCA Lil' Dippers is a values-based water activity program for preschool aged children, 3 to 5 years of age. The levels are Bobber, Floater, Glider, Diver, Surfer and Dipper.

Learn to Swim (30-minute lessons)

For members ages 6-12 years. Registration required.

The YMCA Learn to Swim program is a four-level instructional program that introduces a series of easy to learn skills to the non-swimmer in a values based environment. Successful completion of the four level progressions indicates that the learner is capable of performing a variety of skills in shallow and deep water, including the fundamentals of the front crawl stroke. The levels are Otter, Seal, Dolphin, Swimmer.

Advanced Aquatics

Our aquatic leadership and certification programs (including Bronze Medallion, Bronze Cross, Standard First Aid, National Lifeguard and Swim Instructor) provide the necessary training to become a lifeguard and swim instructor. Ask us for details.

Private Lessons

A focused lesson with one of our swim instructors is a great way to complement a weekly swim lesson or provide the extra attention needed to achieve your or your child's swimming goals. These lessons are available in private and semi-private formats for members or non-members.

Ask Membership Services for details.



AQUATICS

REGISTERED CLASSES

Baby and Me Aqua Fit

This new class is perfect for you and your baby! Baby and Me Aqua Fit is a great way to introduce your baby to the water. This class will lead you through 45 minutes of cardio and muscular endurance while incorporating your baby through song and movement. Babies should be 3 months - 3 years old (able to keep head up on their own). Please dress baby in an official swim diaper and swimsuit. We will provide baby safe floatation boats for your child during the class.

Hydrotherapy

Join us in our Functional mobility, joint and spinal stabilization along with postural awareness are the main objectives of this class. Perfect for members with arthritis, hip and knee replacements.

Aqua Yoga

In this gentle and low impact activity, asanas are performed in our lap pool. This class aims to be more accessible to participants overcoming barriers to physical activity.

DROP IN CLASSES

Aqua Bootcamp

Challenge yourself with varying intensity intervals in a bootcamp style class.

Aqua Combo

An invigorating water workout utilizing the shallow and deep ends of the pool.

Aqua Fit

This class features first-class moves and awesome music followed by a relaxing deep muscle stretch in the warm water of the therapeutic pool.

Aquatic Resistance Training

This low-impact class builds strength and stability by using aquatic equipment.

Aqua Running

Are you tired of training outside? Come inside and cross-train in our beautiful pool for a fun but vigorous workout!

H.I.I.T. H2O

Challenge yourself in the shallow or deep ends of the pool to this class that focuses on cardio conditioning and muscle strengthening.

Adult Swim

Recreation swim for Adults! The pool will be divided into 4 sections for this swim. Two lanes will be available for Fitness Swimmers and the rest of the pool will be split between the deep end and shallow end to accommodate aqua walking or jogging. The hydrotherapy pool will also be available during this time. This swim is perfect for all abilities and a great way to spend quiet time in the pool. 18+ only.