



# TOWPATH TRAIL YMCA WATER FITNESS

## MARCH 2019 POOL SCHEDULE

### MONDAY

- 6:00a-7:00a \$\$ Masters Swim Practice
- 7:00a-8:45a **LAP SWIM ONLY**
- 9:00a-9:50a \* SilverSneakers® Splash w/Heather
- 10:00a-11:00a **LAP SWIM ONLY**
- 11:00a-12:00p \$\$ Youth Swim Lessons
- 12:00p-1:00p **LAP SWIM ONLY**
- 1:00p-4:15p **LAP & OPEN SWIM**
- 4:30p-5:30p \$\$ Swim Team Training
- 6:00p-6:50p \* Water Blast w/Karen
- 7:00p-8:00p **LAP & OPEN SWIM**

### TUESDAY

- 6:00a-8:45a **LAP SWIM ONLY**
- 9:00a-9:50a \* Water Blast w/Carol
- 10:00a-11:00a **LAP SWIM ONLY**
- 11:00a-12:00p **OPEN SWIM**
- 12:00p-1:00p **LAP SWIM ONLY**
- 1:00p-1:50p \* SilverSneakers® Splash w/Stacey
- 2:00p-5:15p **LAP & OPEN SWIM**
- 5:30p-6:15p \$\$ Youth Swim Lessons
- 6:30p-8:00p **LAP & OPEN SWIM**

### WEDNESDAY

- 6:00a-8:45a **LAP SWIM ONLY**
- 9:00a-9:50a \* SilverSneakers® Splash w/Stacey
- 10:00a-11:00a **LAP SWIM ONLY**
- 11:00a-12:00p **OPEN SWIM**
- 12:00p-1:00p **LAP SWIM ONLY**
- 1:00p-4:15p **LAP & OPEN SWIM**
- 4:30p-5:30p \$\$ Swim Team Training
- 6:00p-6:50p \* Water Blast w/Karen
- 7:00p-8:00p **LAP & OPEN SWIM**



### THURSDAY

- 6:00a-8:45a **LAP SWIM ONLY**
- 9:00a-9:50a \* Water Blast w/Carol
- 10:00a-12:00p Preschool Class Swim
- 12:00p-1:00p **LAP SWIM ONLY**
- 1:00p-5:15p **LAP & OPEN SWIM**
- 5:30p-6:15p \$\$ Youth Swim Lessons
- 6:30p-8:00p **LAP & OPEN SWIM**

### FRIDAY

- 6:00a-8:45a **LAP SWIM ONLY**
- 9:00a-9:50a \* SilverSneakers® Splash w/Heather
- 10:00a-11:00a **LAP SWIM ONLY**
- 11:00a-12:00p **OPEN SWIM**
- 12:00p-1:00p **LAP SWIM ONLY**
- 1:00p-7:00p **LAP & OPEN SWIM**

### SATURDAY

- 7:00a-8:15a **LAP SWIM ONLY**
- 8:30a-11:00a \$\$ Youth Swim Lessons
- 11:00a-12:00p **LAP SWIM ONLY**
- 12:00p-4:30p **OPEN SWIM**

### SUNDAY

- 12:00p-1:00p **LAP SWIM ONLY**
- 1:00p-4:30p **OPEN SWIM**

# GROUP EXERCISE CLASS DESCRIPTIONS

## \* Aqua Aerobic classes for ages 14+

These classes are FREE for Members. Non-Members may attend these classes with a Day or Guest Pass. No registration required.

**AQUA ZUMBA** Low impact, high energy class that blends Zumba with water resistance so there is less impact on your joints. Water resistance makes moves more challenging as you tone your muscles.

**SILVERSNEAKERS@ SPLASH** Low to medium intensity level workout for people with arthritis, MS, or joint/muscle pain. Increase range of motion and strengthen muscles while improving balance and coordination.

**WATER BLAST** Medium to high intensity level workout designed to condition, tone and firm muscles while burning calories by using water resistance.

## YOUTH SWIM LESSONS [Detailed brochure available at the Welcome Center!](#)



As America's leader in water safety we've made some changes to continue to inspire your swimmer to meet goals, take challenges, and grow in confidence and abilities. And with our low student-to-instructor ratio your child will continue to receive plenty of personal attention. You may see that our names have changed with new levels added. We will be

more than happy to help you determine what level best fits your child's needs.

Online registration available at [WestStarkY.org/online-registration](http://WestStarkY.org/online-registration)

## SPECIALTY PROGRAMS

### Swim Team Training TTY (6 to 17 Years)

Get the swim team experience and gain a competitive edge in the water. Must be able to pass a deep water test. Focus will be on improving technique, all four strokes and becoming a more efficient swimmer while having fun!

**Swim Team MFY (6 to 18 Years)** Must be a current YMCA of Western Stark County member. Our swim team programs are designed to emphasize technique, endurance, sportsmanship, and most importantly, to have fun! Through competitive aquatic programs, participants experience achievement, feel a sense of belonging and build supportive relationships.



Meet the new **West Stark Y Gators 2.0** swim team

## POOL FACTS

- ◆ Pool temperature is 85 degrees
- ◆ 4 lanes, 25 yards
- ◆ 1 Mile = 33 laps
- ◆ Hydraulic chair lift available
- ◆ Appropriate swim attire required
- ◆ Enter pool through locker room
- ◆ Children who require personal flotation devices or are ages 4 & under must be within arms reach of an adult in a swim suit at all times. Children ages 5 to 7 must have an adult in the pool area at all times.