

Member Benefits

Northwest YMCA

YAQUATICS™

*Schedule from Jan. 2 through
May 26, 2012*

Water Exercise

Facility members, ages 12 & older, may choose from 28 classes a week as a benefit of membership.

AQUAFIT

Enjoy 15 minutes of hydro power, 15 minutes of deep water movements and 15 minutes of body sculpting.

AQUA FITNESS WALKING

Low impact aerobic exercise that promotes ankle mobility and core stability. Designed for all levels. Water shoes recommended.

BANDS, BELLS, BALANCE

Combination of water equipment to build strength and stamina.

CARDIO SCULPT

Involves aerobic conditioning and sculpting to tone muscles.

GLUTES, GUTS & GLORY

Shallow cardio core class to attack core muscles with vengeance. Also focus on posture and balance.

DEEP WATER INTERVAL

Suspend yourself in the deep end to get a great aerobic workout. Belts available.

BOOT CAMP CHALLENGE

High intensity workout where anything goes. Using various types of equipment.

INTERVAL POWER

A "power packed" cardio workout. Experience intervals of high intensity movement in the shallow end of the pool.

WORKING FOR THE WEEKEND!

High intensity workout to help tone those muscles before the weekend.

DEEP FUSION

Strengthen core in deep water with a cardio twist. Working on abs and back strength.

AQUA PILATES

Deep breathing exercises to reduce stress, balance work, Yoga & Pilates exercises to create a longer, leaner body.

SWIM FITNESS

Designed to improve your swimming and endurance. Great for those wanting to train for triathlons. Needed: willingness to learn, ability to put face in water, and goggles.

TRI-DEPTH, TRIPLE DRILL

Fun, fast moving and results producing. This class uses every inch of the pool with a belted moves from deep to mid-pool to shallow and back.

Specialty Water Exercise

Offered to program members for a fee.

JOINT FRIENDLY FITNESS

Emphasis is on exercises which could improve daily living for those individuals with Arthritis, recovering from an injury or other connective tissue disorders.

Facility members: Free
Program members: \$49 for 12 classes

WATERFIT SR.

For Ages 62+: An energizing class to get you fit while you make new friends. Come when you can.

Facility members: FREE
Program members: \$49 for 12 classes

Aqua Personal Training

Under the direction of a certified aquatics personal trainer, use the therapeutic benefits of water to strengthen, stretch & condition your body to meet your individual goals. For prices please see current program guide.

Water Walking & Jogging

Feel free to use our equipment during this unsupervised program time. Need some helpful hints? (770) 514-4365.

Sauna & Whirlpool

Members and guests at least 18 years old may relax and enjoy our sauna and whirlpool. They are located off the pool deck. Setting reasonable time limits for yourself when enjoying these amenities is strongly encouraged.

Open Swim

Members 8-12 Years old must pass a swim test to swim without parental supervision. Parents must be in the building. Children 7 years and younger who pass the swim test must have a parent in the pool or seated on the pool deck. Children that cannot pass the swim test must have an adult (18 years or older) in the pool within arms length. A swim pass will be issued for those that pass the swim test. The children are responsible for their swim passes. This pass can be used at any Atlanta Metro YMCA pool. During weekday swim lessons, one lane is always available for open swim.

To view or download the Pool Schedule visit www.ymcapass.com and scroll to the NW Branch and under Aquatics you will find the schedule.

For more information, contact Aquatics Manager Ramana Hannigan at (770) 514-4365 or ramanah@ymcaatlanta.org

*Weekly schedule
is on the flip
side.*



YMCA

We build strong kids,
strong families, strong communities.

Pool schedule effective January 2, 2012 – May 26, 2012

MONDAY

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Deep Fusion – Mary Kay
8:45- 9:30 am	Glutes, Guts & Glory – Sarah
9:30-10:15 am	Boot Camp Challenge – Sarah
10:15-10:55 am	Aquafit - Jennifer
11:00-11:45 am	Joint Friendly Fitness ^ - Lisa H
11:45- 6:00 pm	Open Swim/Lap Swim
6:00- 6:45 pm	Deep Water - Susan
6:45- 9:45 pm	Open Swim/Lap Swim

THURSDAY

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Tri-Depth, Triple Drill – Mary Kay
8:45-9:30 am	Boot Camp Challenge – Sarah
9:30-10:15 am	Waterfit Senior ^ – Sarah
10:15-11:00 am	Deep Fusion – Jennifer
11:00-12:00 pm	Swim Class**
12:00-5:00 pm	Open Swim/Lap Swim
5:00-7:45 pm	Swim Lessons**
7:45-9:45 pm	Open Swim/Lap Swim

TUESDAY

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Aqua Fitness Walking – Mary Kay
8:45-9:30 am	Deep Fusion – Mary Kay
9:30-10:15 am	Waterfit Senior ^ – Lisa H
10:15-11:00 am	Waterfit Senior ^ – Lisa H
11:00-12:00 pm	Swim Lessons**
12:00-5:00 pm	Open Swim/Lap Swim
5:00-7:45 pm	Swim Lessons**
7:45-9:45 pm	Open Swim/Lap Swim

FRIDAY

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Aquafit – Lisa H
8:45-9:30 am	Working for the Weekend – Lisa S
9:30-10:10 am	Deep Water Interval – Kimberly
10:15-10:55 am	Swim Fitness - Muriel
11:00-11:45 am	Joint Friendly Fitness ^ - Jennifer
11:45-6:00 pm	Open Swim/Lap Swim
6:00- 6:45 pm	Aquafit – Joyce
6:45-8:45 pm	Open Swim/Lap Swim

WEDNESDAY

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Deep Fusion – Lisa S
8:45-9:30 am	Cadio Sculpt – Lisa S
9:30-10:15 am	Power Interval – Kimberly
10:15-11:00 am	Aqua Pilates – Kimberly
11:00-11:45 am	Joint Friendly Fitness ^ - Kimberly
11:45-6:00 pm	Open Swim/Lap Swim
6:00-6:45 pm	Aquafit – Susan
6:45-7:30 pm	Triathlon Training - Muriel
7:30-9:45 pm	Open Swim/Lap Swim

SATURDAY

8:15- 9:15 am	Boot Camp Challenge – Susan
9:15 -10:00 am	Triathlon Training - Muriel
10:00 –12:30 pm	Swim Lessons**
12:30-5:45 pm	Open Swim/Lap Swim

SUNDAY

1:00-5:45 pm	Open Swim/Lap Swim
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** During Swim Lessons, there is one lap lane for lap swimmers only and one lane for open swim.

^ Specialty classes are open to program members who register in advance and pay the fee.

Adult Lap Swim is open to ages 15 & older. Regular Lap Swim is open to ages 8 and older who have passed the Y swim test. Adults and youth must circle swim when in the lanes.

Questions? Contact Aquatics Manager Ramana Hannigan at 770-514-4365 or ramanah@ymcaatlanta.org Pool schedule is subject to change without notice.

