

Member Benefits

East Cobb YMCA

YAQUATICS™

Water Exercise

Facility members, ages 13 & older, may choose from the following classes, as a benefit of membership.

NEW

Aqua Zumba

Aqua Zumba incorporates all the fun of Zumba with the gentle support of the water. Zumba combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries.

ACTIVE OLDER ADULT WATER EXERCISE

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

ARTHRITIS FOUNDATION YMCA AQUATICS

Emphasis is on exercises which could improve daily living for those suffering from arthritis.

AQUACISE

Low- to medium-gear water exercise incorporating all the fitness components.

HYDROFLEX

A high-gear water aerobic exercise program for the water enthusiasts who want more from their workout.

STRECH 'N MOVE

Water class focusing on posture, stretching, and aerobic conditioning.

WATER SPORT

A high-energy class geared for persons searching for an aerobic and conditioning workout in a lower impact environment. This class is also great for those looking for a cross-training experience.

Sauna, Whirlpool, Steam Room & Locker Rooms

Members and guests 18 years old may relax and enjoy our sauna and steam rooms.

The whirlpool may be used by those age 18 and older.

Adult Locker Rooms are for those age 15 years and older.

Family Locker Rooms are for children under age 15 and for parents with young children needing assistance. Full-size lockers are available for daily use. A lock is strongly encouraged.

Open Swim

Free time/ Family time in the pool for bubbling, bobbing, boisterous fun!

For safety's sake...

As always, the McCleskey YMCA is concerned with the safety of all children at the YMCA. If a child is under eight, or is unable to swim the length of the pool and immediately tread water for one minute, a parent must be in the pool within arm's reach of the child.

Additional Aquatics Programming

Registration and an additional fee is required for the following programs. See the current *Program Guide* for details.

- Parent-Child Water Adjustment Classes
- Preschool Swim Lessons
- Progressive Swim Lessons for Youth
- Private & Semi-private Swim Lessons for all ages
- Adult Swim Lessons
- Specialty Aquatics

Pool Rules

- You must shower before entering the pool/w-pool
- No running, diving,

rough housing, back flips, food, drinks, or gum allowed (water in plastic containers only.)

- Bathing suits must be worn at all times. No cutoffs or street clothes are allowed in the pool.
- Children 7 years & younger must be accompanied by an adult in the pool.
- Lifeguards are on duty to enforce rules & to respond in case of an emergency, not to babysit.
- No band-aids or bandages may be worn in the pool.
- Use of the deep end is restricted to those who can swim.
- No hanging or sitting on lane ropes.
- All non-potty trained children must wear two layers of protection, a disposable swim diaper and a reusable swim diaper.
- For your safety, vacate the pool and pool deck during lightning storms.
- No strollers are permitted on the pool deck.
- Pool will be closed 15 minutes prior to the facility closing
- No profanity or ill-tempered behavior toward other members or Y staff.
- Failure to comply with any of the rules or requests from the lifeguards will result in expulsion from the pool. No exceptions!



YMCA

We build strong kids,
strong families, strong communities.

**McCleskey-East Cobb Family YMCA Aquatic
Pool Schedule****MONDAY**

5:30-8:30 am	Open Swim
8:30-9:30 am	Hydroflex
9:30-10:30 am	Swim Lessons (Jan 4 - May 20)
10:30-11:30 am	Aquacise
11:45-12:30 pm	Active Older Adults
12:30-4:00 pm	Open Swim/Family Swim
4:00-6:00 pm	Swim Lessons (Jan 4 - May 20)
6:00-6:55 pm	Open Swim/Family Swim
7:00- 8:00 pm	Deep Water/Open Swim in Shallow End
8:00-9:45 pm	Open Swim/Family Swim

THURSDAY

5:30-8:15 am	Open Swim
8:15-9:00 am	Water Sport
9:00-9:45 am	Stretch 'N Move
9:45-10:00 am	Open Swim/Family Swim
10:00-11:00 am	Aqua Sculpt
11:00-11:45 am	Arthritis
11:45am-12:30 pm	Active Older Adults
12:45-4:00 pm	Open Swim/Family Swim
4:00-6:15 pm	Swim Lessons (Jan 4 - May 20)
6:00-9:45 pm	Open Swim/Family Swim

TUESDAY

5:30-8:15 am	Open Swim
8:15-9:00 am	Water Sport
9:00-9:45 am	Stretch 'N Move
9:45-10:00 am	Open Swim/Family Swim
10:00-11:00 am	Aqua Sculpt
11:00-11:45 am	Arthritis
11:45am-12:45 pm	Active Older Adults
12:45-4:00 pm	Open Swim/Family Swim
4:00-6:15 pm	Swim Lessons (Jan 4 - May 20)
6:00-7:00 pm	Hydroflex
7:00-9:45 pm	Open Swim/Family Swim

FRIDAY

5:30-8:30 am	Open Swim
8:30-9:30 am	Hydroflex
9:45-10:30 am	Aqua Zumba (starting Jan. 8 2010)
10:30-11:30 am	Aqua Sculpt
11:30 am-8:45 pm	Open Swim/Family swim

** 4:00-6:45 make up swim lessons if needed.

WEDNESDAY

5:30-8:30 am	Open Swim
8:30-9:30 am	Hydroflex
9:30-10:30 am	Swim Lessons (Jan 4 - May 20)
10:30-11:30 am	Aquacise
11:45-12:30 pm	Active Older Adults
12:30-4:00 pm	Open Swim/Family Swim
4:00-6:00 pm	Swim Lessons (Jan 4 - May 20)
6:00-9:45 pm	Open Swim/Family Swim

SATURDAY

8:15-9:00	Open Swim/Family Swim
8:30-11:15 am	Swim Lessons (Jan. 9 - May 15)
11:15am-12:00 pm	Hydroflex
12:00-5:45 pm	Open Swim/Family Swim

SUNDAY

1:00-5:45 pm	Family Swim
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Update as of 01-04-10