

## Member Benefits

Northwest YMCA

# YAQUATICS™

*Schedule from Aug. 15  
through Dec. 19, 2009*

## Water Exercise

Facility members, ages 12 & older, may choose from 26 classes a week as a benefit of membership.

### AQUAFIT

This class includes 15 minutes of hydro power, 15 minutes of deep water movements and 15 minutes of body sculpting.

### Water Tai CHI

This is the most popular form of "meditation in motion." Tone your body and improve your balance all while enjoying the water.

### CARDIO SCULPT

This class involves aerobic conditioning and sculpting to tone muscle.

### DEEP WATER INTERVAL

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

### HYDRO POWER

A "power packed" cardio workout. This class will contain various cardio workouts such as hi/low intensity, circuits, deepwater and toning.

### H2O BOOT CAMP

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

### Aqua Pilates

Bring your workout to the water. Includes deep breathing exercises to reduce stress, balance work, Yoga & Pilates exercises to create a longer, leaner body.

### Winning with Finning

A self-paced, power-toning class using flippers and other resistance equipment to help you burn calories. Great for lap swimmers looking for something new. Swimming ability helpful, but not required. 25-45 minutes.

## Specialty Water Exercise

*Offered to program members for a fee.*

### Twinges in Hinges

Emphasis is on exercises which could improve daily living for those individuals with Arthritis, 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? Call the Aquatics Director at (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.

*Weekly schedule is on the flip side.*

*To view or download the Pool Schedule visit  
[www.ymcaatlanta.org](http://www.ymcaatlanta.org) and scroll to the NW Branch and under  
Aquatics you will find the schedule.*

*For more information, contact Aquatics Director Lisa Gardiner at (770) 514-4365 or  
[lisag@ymcacobb.org](mailto:lisag@ymcacobb.org)*



YMCA

We build strong kids,  
strong families, strong communities.

Pool schedule effective August 15, 2009 – December 19, 2009

**MONDAY**

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Deep Water Interval – Mary Kay
8:45- 9:30am	Boot Camp – Mary Kay
9:30-10:15 am	Cardio Sculpt – Lisa H
10:15-11:00 am	Aquafit – Lisa H
11:00-11:45 am	Twinges in Hinges ^ - Sally
11:45-6:00 pm	<b>Open Swim/Lap Swim</b>
6:00-6:45 pm	Deep Water - Sally
6:45-7:30 pm	Triathlon Training^ - Muriel
7:30-9:45 pm	<b>Open Swim/Lap Swim</b>

**TUESDAY**

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Aquafit - Julie
8:45-9:30 am	Deep Water – Mary Kay
9:30-10:15 am	Waterfit Senior ^ - Sarah
10:15-11:00 am	Core Training – Sarah
11:00-11:30pm	Swim Lessons**
11:30-5:00pm	<b>Open Swim/Lap Swim</b>
5:00-7:45 pm	Swim Lessons**
7:45-9:45 pm	<b>Open Swim/Lap Swim</b>

**WEDNESDAY**

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Deep Water Interval – Lisa S
8:45-9:30 am	Cardio Sculpt – Lisa S
9:30-10:15 am	Aqua Pilates – Kimberly
10:15-11:00 am	Hydro Power – Kimberly
11:00-11:45 am	Twinges in Hinges ^ - Kimberly
11:45-6:00 pm	<b>Open Swim/Lap Swim</b>
6:00-6:45pm	Deep Water – Mary Kay
6:45-9:45 pm	<b>Open Swim/Lap Swim</b>

**THURSDAY**

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Aquafit – Lisa G.
8:45-9:30 am	Winning with finning – Muriel
9:30-10:15 am	Waterfit Senior ^ - Jennifer
10:15-11:00 am	Tai Chi– Sarah
11:00-11:30 am	Swim Class**
11:30-5:00 pm	<b>Open Swim/Lap Swim</b>
5:00-7:45 pm	Swim Lessons**
7:45-9:45 pm	<b>Open Swim/Lap Swim</b>

**FRIDAY**

5:30-8:00 am	Adult Lap/Water Walking & Jogging
8:00-8:45 am	Deep Water Interval – Julie
8:45-9:30 am	Hydro Power – Lisa S
9:30-10:15 am	Waterfit Senior – Kimberly
10:15-11:00 am	Deep Water – Lisa H
11:00-11:45 am	Twinges in Hinges ^ - Sally
11:45-8:45	<b>Open Swim/Lap Swim</b>

**SATURDAY**

8:15-9:15 am	H2O Boot Camp – Jennifer
9:15 am-10:00 am	Triathlon Training^ - Muriel
10:00 am-12:30 pm	Swim Lessons**
12:30-5:45 pm	<b>Open Swim/Lap Swim</b>

**SUNDAY**

1:00-5:45 pm	<b>Open Swim/Lap Swim</b>
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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.

^^ Triathlon Training – 7 Week Class : Facility Members on both days and also the bike portion for \$32 (includes Y Team race shirt) See flier

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 Director Lisa Gardiner at 770-514-4365 or [lisag@ymcacobb.org](mailto:lisag@ymcacobb.org) Schedule is subject to change without notice.