



Aquatics

Suffolk Family YMCA

Spring Indoor Pool Schedule

Pool Hours	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		5:00am-9:30pm	5:00am-9:30pm	5:00am-9:30pm	5:00am-9:30pm	5:00am-9:30pm	8:00am-5:30pm	11:00am-5:30pm
	Lap Swim 5:00-8:30am	Lap Swim 5:00-8:30am	Lap Swim 5:00-8:30am	Lap Swim 5:00-8:30am	Lap Swim 5:00-8:30am	Lap Swim 8:00am-8:30am		
	Aquapower 8:30-9:30am	20/20/20 8:30-9:30am	Aquapower 8:30-9:30am	20/20/20 8:30-9:30am	Aquapower 8:30-9:30am			
	Open Swim 9:30-10:00am	Swim Lessons 9:30-10:00am	Open Swim 9:30-10:00am	Swim Lessons 9:30-10:00am	Open Swim 9:30-10:00am	Swim Lessons 8:30-12:00pm		
	Deep Water 10:00-11:00am	Open Swim 9:30-6:15pm	Deep Water 10:00-11:00am	Open Swim 9:30-6:15pm	Deep Water 10:00-11:00am			
	Aqualite 11:00-12:00pm		Aqualite 11:00-12:00pm		Open Swim 9:30-6:15pm	Aqualite 11:00-12:00pm	Open Swim 12:00-5:30pm	Open Swim All Day 11:00-5:30pm
	Open Swim Obici PT Swim Lessons 12:00-2:30pm		Open Swim Obici PT Swim Lessons 12:00-2:30pm			Obici PT 12:00-2:30pm		
	Open Swim 2:30-4:45pm		Open Swim 2:30-4:45pm			Open Swim 12:00-5:30pm		
	Swim Lessons 4:45-7:15pm		Swim Lessons 4:45-7:15pm		Swim Lessons 4:45-7:15pm	Swim Lessons 4:45-7:15pm		
	Finning 5:30-6:30pm	Cardio Blast 6:30-7:00pm	20/20/20 5:30-6:30pm	Cardio Blast 6:30-7:00pm	Aquafit 5:30-6:30pm			
	Deep Water 7:15-8:15pm	20/20/20 7:15-8:15pm	Aqua Fit Tai Chi 7:15-8:15pm	Aquapower 7:15-8:15pm				
	Open Swim 7:15-9:30pm	Open Swim 7:15-9:30pm	Open Swim 7:15-9:30pm	Open Swim 7:15-9:30pm	Open Swim/ Family Time 5:30-9:30pm			



Lap Swim
There is a minimum of one lap lane
available at all times

We're for Youth Development, Healthy Living and Social Responsibility

Program Descriptions

20/20/20- 20 minutes of low impact; 20 minutes of strength training and 20 minutes core conditioning and flexibility.

Aquafit- Challenge yourself aerobically with options for all intensity levels. Class includes muscular endurance and flexibility training.

Aqua Fit Tai Chi- A combination of the principles of water fitness and the graceful flowing movements of Tai Chi . Incorporating the slow, powerful exercises of this Chinese martial art into your existing aqua program. A fresh new dimension to classes that enhance not only the body, but the mind and spirit. Tai Chi postures improve flexibility, range of motion, muscle tone and back health. The breathing discipline of Tai Chi helps to promote lung capacity, personal energy and cardiovascular health.

Aqualite-Emphasizes good body mechanics, keeping joints in a stable and functional position. Reduces the effort required to do activities by employing flotation devices and very lightweight equipment. This is a great class for people with mobility issues.

Aquapower-Exercise without wear and tear on your body. Using the natural resistance of the water is an enjoyable way to get or stay in shape. Swimming skills are not necessary to share in the benefits of flexibility, muscular toning, and cardiovascular fitness.

Cardio Blast- An aerobic workout designed to increase heart rate and improve muscle tone.

Deep Water-This is a non-impact, high intensity workout that combines cardiovascular conditioning with muscular toning. It is also a great abdominal workout. This progressively challenging deep water program is for all individuals looking to develop strength and tone.

Finning- This class is a high cardio total body workout in which participants swim laps using fins and body boards. Please bring goggles.

Lap Swim-At least one lap lane is set aside for members to lap swim for exercise. Kickboards and pull buoys are available for use and our trained staff will assist you with lane placement and swimming tips.

Open Swim-For all ages! Time at the pool for individuals and families to have fun and/or exercise. Our lifeguards will check the skills of all children to ensure safety. Ages 10-12 are welcome at the pool by themselves once they pass a swim test given by the lifeguard. Parents must remain in the building at all times.