



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR AQUATICS

## TAYLOR BEND FAMILY YMCA

### Winter 2012

#### Indoor Aquatic Center

#### Operating Hours

Mon.–Fri 5am–9:45p  
Sat. 7am–5:45pm  
Sun. 8am–5:45pm  
Therapy Pool and Hot Tub are available at all times (within age guidelines).

**Lap Swim Key: #L** represents the number of lap lanes available at the given time.  
\*There are always a minimum of 2 lap lanes available.

**Birthday Parties**  
The indoor pool may be shared for birthday parties on Saturdays and Sundays from 2-3:30pm

**Inclement Weather**  
The Y may close the pool during inclement weather. All attempts are made to keep the pool open and wait out the storm, however, management may delay opening or close the pool to ensure the safety of members and staff.  
Standard procedure is to wait 20 minutes after each lightning strike. Lifeguards/management will also clear the pool during thunder under threatening skies.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> 5-9am 6L	<b>Lap Swim</b> 5-9am 3L	<b>Lap Swim</b> 5-9am 6L	<b>Lap Swim</b> 5-9am 3L	<b>Lap Swim</b> 5-9am 6L	<b>Lap Swim</b> 7-9am 3L	<b>Lap Swim</b> 8-9am 3L
<b>Swim Lessons</b> 9:30-10:45am	<b>Masters Swim</b> 5-6am	<b>Lap Swim</b> 9-11am 3L	<b>Masters Swim</b> 5-6am	<b>Family Swim/ Open Swim</b> 5-9am	<b>Family Swim/ Open Swim</b> 7-8am	<b>Family Swim/ Open Swim</b> 8-9am
	<b>Swim Lessons</b> 8:30-10:30am	<b>Family Swim/ Open Swim</b> 11am-3pm 2L	<b>Lap Swim</b> 8:30-11am 3L		<b>Aqua Blast</b> 8:05-8:55am	
	<b>Family Swim/ Open Swim</b> 11am-3pm 2L	<b>Swim Lessons</b> 9:30-10:45am	<b>Swim Lessons</b> 8:30-10:30am	<b>Family Swim/ Open Swim</b> 11am-3pm		
<b>Lap Swim</b> 9-11am 3L	<b>Lap Swim</b> 9-11am 2L	<b>Lap Swim</b> 11am-3pm 2L	<b>Lap Swim</b> 9-11am 2L	<b>Lap Swim</b> 9-11am 3L	<b>Lap Swim</b> 9-11am 2L	<b>Lap Swim</b> 9-11am 4L
<b>Aqua Volleyball</b> 9-10am	<b>Aqua Blast</b> 9-10am	<b>Aqua Volleyball</b> 9-10am	<b>Aqua Aerobics</b> 9-10am	<b>Weight Free</b> 9-10am	<b>Swim Lessons</b> 9-11:30am	<b>Family Swim/ Open Swim</b> 9-11am
<b>Adapted Aquatics</b> 10-11	<b>Ai Chi* community</b> 10-11am	<b>Adapted Aquatics</b> 10-11am	<b>Ai Chi* community</b> 10-11am	<b>Adapted Aquatics</b> 10-11am		
<b>Lap Swim</b> 11am-3pm 4L	<b>Lap Swim</b> 11am-3pm 2L	<b>Aqua Zumba</b> 12-1pm	<b>Lap Swim</b> 11am-4:15pm 2L	<b>Lap Swim</b> 11am-5pm 4L	<b>Lap Swim</b> 11:30am-5:45pm 3L	<b>Lap Swim</b> 11am-5:45pm 4L
<b>Family Swim/ Open Swim</b> 11am-3pm 2L	<b>Family Swim/ Open Swim</b> 11am-3pm 2L	<b>Lap Swim</b> 3-3:30pm 1L	<b>Family Swim/ Open Swim</b> 11am-3pm	<b>Family Swim/ Open Swim</b> 11am-3pm	<b>Family Swim/ Open Swim</b> 11:30am-5:45pm	<b>Family Swim/ Open Swim</b> 11am-5:45pm
<b>Aqua Zumba</b> 11:30am-12:30pm		<b>Swim Lessons</b> 3-7:30pm				
<b>Lap Swim</b> 3-5:30pm 3L	<b>Lap Swim</b> 4:20-9:45pm 2L	<b>Lap Swim</b> 4-6:30pm 2L	<b>Lap Swim</b> 4-7pm 3L	<b>Lap Swim</b> 5-7pm 4L		
<b>Swim Lessons</b> 5:30-6:30pm 3L	<b>Swim Lessons</b> 4:20-7pm	<b>Family Swim/ Open Swim</b> 5:30-7pm 1L	<b>Swim Lessons</b> 4:20-7pm	<b>Family Swim/ Open Swim</b> 5-7pm		
<b>Family Swim/ Open Swim</b> 5:30-7pm 1L	<b>Aqua 50/50</b> 7-8pm	<b>Lap Swim</b> 6:30-9:45pm 3L	<b>Aqua Volleyball</b> 7-8pm	<b>Lap Swim</b> 7-8pm 3L		
<b>Lap Swim</b> 6:30-9:45pm 2L	<b>Family Swim/ Open Swim</b> 8-9:45pm	<b>Family Swim/ Open Swim</b> 7:30-9:45pm 2L	<b>Family Swim/ Open Swim</b> 8-9:45pm	<b>Aqua Zumba</b> 7-8pm		
<b>Water Exercise</b> 7-8pm 3L				<b>Lap Swim</b> 8-9:45pm 4L		
				<b>Family Swim/ Open Swim</b> 8-9:45pm 2L		



# CLASS DESCRIPTIONS

## AQUA CLASSES

**Ai Chi (Aquatic Tai Chi)** is a class where you can lose yourself in a meditative world where gravity seems to disappear and you have the opportunity to improve your health and well-being. Discover a relaxation technique with an active, yet calming approach to health. Improve range of motion, circulation, flexibility, balance and coordination, as well as concentration and focus with Ai Chi. Aqua Tai Chi has been successfully used with pain management, arthritis, fibromyalgia, COPD, diabetes, MS, amputees and paraplegics as well as those suffering from neurological and orthopedic conditions as well as balance deficits.

\*Please note: Ai Chi is a community group class and may be led by a volunteer or instructor.

**Aqua 50/50** focuses on strength training using a variety of resistance equipment in the shallow end of the pool to strengthen and tone all muscle groups, as well as cardio exercises in the deep end.

**Adapted Aquatics** is appropriate for those suffering from arthritis, fibromyalgia and multiple sclerosis, as well as those recovering from joint injury or surgery. The main goal of this class is to strengthen muscles and improve joint flexibility and range of motion.

**Aqua Aerobics** is designed for all fitness levels and has minimal impact on the joints. Instructors incorporate various cardiovascular training techniques and may use a variety of resistance equipment.

**Aqua Blast** is aqua aerobics for those who want more intensity! The instructor may work out in deep or shallow water using suspended or power moves. This class is designed for participants wanting a challenge but is appropriate for all fitness levels.

**Aqua Volleyball** is an ideal class for those looking for a great workout while having fun! This participant led class uses a beach ball and net in the shallow end of the pool.

**Aqua Zumba** is a pool party workout that uses Latin-inspired dance moves while incorporating toning and flexibility training to give you a workout in the water like you've never had before.

(Maximum of 40 participants on a first-come, first-serve basis. Appropriate water exercise shoes are required for all participants.)

**Water Exercise** is an aquatic class that may incorporate deep water and shallow water cardiovascular exercises, resistance training and flexibility training for a well-rounded workout.

**Weight Free** is an ideal class for those desiring no impact or rehabilitating an injury, although an excellent cardiovascular workout is guaranteed. Using buoyancy belts, participants exercise using various movements while suspended to improve cardiovascular fitness as well as muscular strength.

## MASTER SWIM

**Master Swim** is a community of swimmers 18 years of age and older who wish to continue stroke technique, work in a team atmosphere and work on endurance training. Sessions include a one-hour coached practice during which swimmers complete over 2,000 yards. Participants will also have the opportunity to register for and compete in the Master's level USSA meets several times each year in various Virginia locations.

## FAMILY SWIM

**Family Swim** is a time for individuals and families to have fun together in the pool. Children 9 years and younger need to be accompanied by an adult in the pool at all times. Youth 10–12 years of age are welcome at the pool by themselves if they have passed the swim test and are wearing a swim necklace. A parent must bring children this age to and from the pool and remain on YMCA premises at all times.

## OPEN SWIM

**Open Swim** is a time for individuals ages 13 and older wishing to do independent water exercise or water therapy. Float belts, water barbells and other equipment are available during this time.

## SWIM LESSONS

**YMCA Swim Lessons** are available for all individuals ages 6 months through adult. Detailed descriptions of swim lessons and a schedule of classes can be found on our Swim Lessons flyer, which is available on our Information Wall, at the Member Services desk or online at [www.ymcashr.org](http://www.ymcashr.org).

## SWIM NECKLACES

A swim necklace is worn around your child's neck to let our staff know that they are deep-water competent and confident. Once your child has passed the swim test, their necklace will designate what areas and amenities of the aquatic centers your child can enjoy without a life jacket. Children under age 13 must wear a swim necklace at all times while in pool areas. If a child does not have a swim necklace, they must be within arm's reach of a parent or wear a life jacket.

## SWIM TEST

- Without goggles, comfortably swim one length of the pool without stopping, face in the water (eyes, nose and mouth), using a freestyle swim stroke with full arm movement
- Touch the bottom of the pool in the 5-foot section
- Tread water for 30 seconds.

## LAP SWIM

If there are 21 or more participants in any given aqua class, lap lanes will be reduced to two lanes for the duration of that class and will return to the previous state at the end of class. We ask lap swimmers to please share lanes and circle swim during this time. Thank you in advance for your understanding and cooperation with this policy.

## AGE GUIDELINES

Children must be at least 13 years old to use the pools without a parent present in the building. Children ages 10–12 who pass the swim test may use the pool if a parent/supervising guardian is physically on YMCA premises. A parent/supervising guardian must be present at the pool and directly supervising his/her children ages 0–9. length of a parent/supervising guardian.

## YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. • [www.ymcashr.org](http://www.ymcashr.org)