



Please, **NO LAP SWIM OR OPEN SWIM** while AQUA classes and Swim Lessons are being held. 3 Lanes available for Lap Swim, unless otherwise noted.
SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE. For current news and schedule changes, please follow our facebook page (YMCA of Twin Falls).

Updated May 24, 2017

ELIZABETH POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00am	Lap Swim							
6:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
7:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
7:30am	Senior Fitness (Jackie)	Lap Swim	Senior Fitness (Jackie)	Lap Swim	Senior Fitness (Jackie)			
8:30am	NEW! Liquid Intervals (Donna)	Lap Swim Open Swim	NEW! Aqua Tabata (Donna)	Lap Swim Open Swim	NEW! Hydro-Splash Mix (Donna)			
9:30am	Lap Swim	Silver Splash® (Donna)	Lap Swim	Silver Splash® (Donna)	Lap/Open Swim	9:20am-11:30am Swim Lessons (2 lanes for lap swim) ----- 12pm-4pm Open Swim (2 lanes for lap swim)	10am-2pm Open Swim (2 lanes for lap swim)	
10:30am	Water Discovery	Water Discovery	Water Discovery	Water Discovery				
11:10am	Swim Basics Swim Strokes	Swim Basics Swim Strokes	Swim Basics Swim Strokes	Swim Basics Swim Strokes	Swim Basics Swim Strokes			
12:00pm	Lap Swim/Open Swim (NOTE: Summer Day Camp Swim Lessons 1:00-2:30 Mon-Thurs)							
1:00pm								
2:00pm								
3:00pm								
4:30pm	Aqua ZUMBA (Jeaneth)	Aqua Blast (Candi)	NEW! Total Body H2O (Jeaneth)	Aqua Blast (Candi)	Aqua ZUMBA (Leslie)	Close at 4:00pm		
5:30pm	Swim Basics Swim Strokes	Aqua Fit (Candi)	Swim Basics Swim Strokes	Aqua Fit (Candi)	Open Swim			
6:15pm	5:30-6:30	Open Swim	5:30-6:30	Open Swim	Open Swim			
7:00pm	Open Swim (2 lanes for lap swim)	Shallow Water Fitness (Joan)	Open Swim (2 lanes for lap swim)	Shallow Water Fitness (Joan)	Open Swim (2 lanes for lap swim)			
Pool closes at 9:00pm, Monday through Friday as of June 1, 2017								

Members must be 12 years and older to participate in Water Fitness classes. Please see other side for class descriptions.

YMCA AQUATIC PROGRAM DESCRIPTIONS

WATER FITNESS CLASSES

(Participants must be 12 years of age and older unless otherwise noted)

Y water classes? Water exercise offers 12 times the resistance of land-based classes, yet placing 10% to 50% less stress and strain on your body and joints. Benefits include increased endurance, strength, flexibility, range of motion, balance and core strength. Classes provide a challenging reduced impact option for all ages and fitness levels. An ideal way to cross-train from your high impact/hard-hitting land workouts and still get a great cardio and strength session.

AQUA BLAST is a rapid fat burning class that uses innovative routines featuring flowing movements, jumps, kicks assisted by buoys, noodles and gloves to tone and strengthen your body.

AQUA FIT is a varied intensity class that combines cardio with strength building. For all fitness levels.

Aqua Tabata: Tabata is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple yet intense exercises allows each class to blast away the calories and increase resting metabolic rate in short amounts of time. Whether your goal is muscle tone, weight loss, cross training, or just some fun, this class will help you get there.

Aqua Zumba integrates the Zumba formula and philosophy with traditional aqua fitness disciplines to create a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Hydro-splash Mix: Get a cardio and strength workout by mixing your workout up with different formats each week. This workout is for all fitness levels.

Liquid intervals: This class provides a high intensity workout using various timed intervals to step up the pace. Great cardio mixed with balance, core, and muscle building segments, yet low impact on your joints, but great for strength, endurance, and burning calories. This class may or may not use equipment and any movement can be modified to fit any fitness level.

Shallow Water Fitness: is a low-impact workout, but maintains the intensity of land aerobic classes. The different drills use resistance equipment, such as noodles and buoys, to work the legs, knees and arms.

Senior Fitness is a low-impact workout for active, aging adults. Perfect for seniors having trouble with standing, who might have balance issues, or who are recuperating from an illness or injury. It focuses on stretches and balance, as well as specific muscle strengthening exercises in the water using a variety of pool equipment such as buoys and noodles.

SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. A special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Total Body H2O: This class incorporates the use of several forms of aquatic exercises and different pieces of aquatic equipment. Class may take place in either shallow or deep water or both. Some workouts may focus on circuit training to build on cardio, strength, flexibility and endurance while having fun! Your body will thank you for this aqua experience. For all fitness levels!

SWIM OPTIONS

Lap/Exercise Swim is scheduled time for members to use the pool for lap swim and other aquatic exercises. The 2 lanes are open during Lap Swim times. Open Swim is scheduled swim time for patrons to use the pool for a variety of different activities.

POOL HOURS

Find current hours on our website: www.ymcatf.com