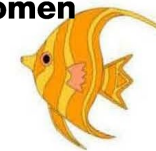


Aquatics Schedule

2012 Jan through May

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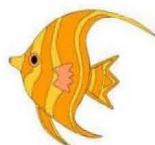
Therapy Pool



Lap Pool

Monday	Tuesday	Wednesday 6:00am-7:30pm	Thursday	Friday	Saturday 7:30am-1:30pm	Sunday 12:30-3:30pm
6:15-7:00am Arthritic Aqua Exercise					7:30am -9:00am Open / Family Swim	
7:00-7:45am Arthritic Aqua Exercise						
8:00-8:45am Arth Aqua Ex	8:30-9:00am Swim Lesson	8:00-8:45am Arth Aqua Ex	8:30-9:00am Swim Lesson	8:00-8:45am Arth Aqua Ex	9:00am-11:30am Swim Lessons <i>1st, 2nd & 3rd Sat of each month</i>	
9:00-9:30am Early Learning Center Swimming Lessons				9:00-9:30am Parent-Tot "A"		
9:30-10:15am Arthritic Aqua Exercise						
10:30-11:15am Arth Aqua Ex	10:30-11:00am ELC Lesson	10:30-11:15am Arth Aqua Ex	10:30-11:00am ELC Lesson	10:30-11:15am Arth Aqua Ex		
11:30am-1:00pm Open / Family Swim <i>Children welcome; kids under 12 must be accompanied by an adult or participating in Wacky Water Works</i>					11:30am-1:30pm Open / Family Swim	12:30-3:30pm Open / Family Swim
1:00-1:45pm Arthritic Aqua Exercise						
2:00pm - 5:30pm Open/Family Swim <i>Children welcome: Kids under 12 must be accompanied by and adult Or participating in Wacky Water Works</i>						
5:30-6:15pm Aqua Exercise					2 - 7:30pm Open / Family Swim	
6:30-7:30pm Open / Family Swim - Kids under 12 must be accompanied by adult or participating in Wacky Water Works						

Monday	Tuesday	Wednesday 6:00am-7:30pm	Thursday	Friday	Saturday 7:30am-1:30pm	Sunday 12:30-3:30pm
6:00am-8:00am Lap Swim and Water Walking					7:30-11:30am Lap Swim and Water Walking	
8:00-8:45am St. Francis						
8:45am-9:30am					10:30-11:30am Swim Lessons <i>1st, 2nd & 3rd Sat of each month</i>	
Aqua Exercise	9:00am-9:45am Deep Water	Aqua Exercise	9:00am-9:45am Deep Water	Aqua Exercise		
9:45-10:30am Deep Water		9:45-10:30am Deep Water		9:45-10:30am Deep Water		
10:30-11:30am Powercise	10:30-11:15am Aqua Exercise	10:30-11:30am Powercise	10:30-11:15am Aqua Exercise	10:30-11:30am Powercise		
11:30am-12:30pm Lap / Water Walking / Open / Family Swim <i>Children ages 12 and under must be accompanied by an adult</i>					11:30 - 1:30pm Open / Family Swim and Lap/ Water Walking	12:30 - 3:30pm Open / Family Swim and Lap / Water Walking
12:30-2pm Lap Swim and Water Walking						
2:00-4:00pm Open / Family Swim	2:00-4:00pm Volleyball	2:00-4:00pm Open / Family Swim	2:00-4:00pm Volleyball	2:00-4:00pm Open / Family Swim		
4:00 - 5:45pm Lap Swim / Water Walking					Swim and Lap / Water Walking	
5:45-6:45pm Deep Water	5:30-6:30pm Swim for Fitness	5:45-6:45p Deep Water	5:45-6:45pm Deep Water			
6:45-7:30pm Open / Family Swim and Lap / Water Walking						



225 SW 12th Street
Topeka, KS 66612
233-1750



Aquatics

Empowering the Whole Family

More information about youth and family programs (such as swimming lessons, pool parties and land-based fitness opportunities) is available in the **YWCA Youth Fitness & Aquatics brochure**.

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Private Swimming Lessons: During the 30-minute one-on-one session, our instructor will customize lessons to help you or your child meet unique goals. To schedule private lessons call 233-1750 ext 346. *\$25 per lesson.*

Deep Water Workout: Truly zero-impact, this cardio-and-strength-focused workout will get your heart pumping and your muscles working! The deep water supports your spine and joints so you can focus on increasing endurance, strength and flexibility without pressure on your shoulders, spine, hips and legs. Excellent for those with arthritis or limited mobility, this class is also a fabulous supplement for athletes rehabbing an injury or runners wanting to increase weekly mileage without the extra pounding. Expectant mothers are also encouraged to attend! *Free for members.*

Wacky Water Works: Parents, ever wondered what to do with your children while you're blasting calories and getting strong at the YWCA? This is your chance to let your kids (ages 5-12) burn major energy playing in the therapy pool (please see pool schedule for available times) while you work out! Check in at the front desk (no pre-registration required) and bring your receipt from front desk to the pool. You'll sign your children in with the lifeguard-on-duty and then enjoy your own workout knowing your kids are also getting a quality dose physical exercise. Pool toys provided upon request. Available during therapy pool open swim times only. *\$2.00 per child.*

Water Volleyball: This regular Tuesday-Thursday afternoon game is pick-up style and relaxed; simply show up and join in the game for a great way to add fun, and a little good-natured competition, to your exercise routine! Held in shallow end of the lap pool. *Free for members.*

Aquatic Exercise: Get the best of both worlds with this versatile exercise class! You'll have the buoyancy and support of shallow water to protect your spine and joints as well as resistance from the water to strengthen muscles. Because this class is held in shallow water, impact is reduced but not completely eliminated... this way you'll still be able to gain some bone-building benefits of impact, like a land class, but without excess force. This class is held in both the lap pool and the therapy pool. In the lap pool you'll be able to get your heart rate up for more cardiovascular training, and in the warm-water therapy pool you'll be able to focus more on stretching and gently increasing your range of motion. *Free for members.*

Open Swim: Families and children welcome to swim and play in the pools during designated Open Swim times! (Please see current pool schedule for a list of Open Swim times.) Children under 12 must be accompanied by an adult (with the exception of Wacky Water Works). For safety reasons, please do not bring children under the age of 12 to the pool during times that are not designated as Open Swim unless they will be participating in classes or exercising with you- and the child must stay within your arm's reach at all times. *Free for members.*

Arthritic Aqua-Exercise: Light exercises and stretches combined with the support of the 92-degree water will be just what the doctor ordered! Research shows arthritis pain can be eased exercise, and the buoyancy and resistance of water enable you to move your body in a variety of natural ranges-of-motion without overstraining tender joints. These classes focus on flexibility, range of motion, strength and balance moves. *Free for members.*

Powercise: This hour-long class is our most intense aquatic exercise option. If you're looking for total-body aerobic conditioning, interval training, strength exercises and flexibility moves then Powercise is the class for you! You'll get a muscle-toning, fat-blasting, bone-building workout packaged into one powerful hour! *Free for members.*