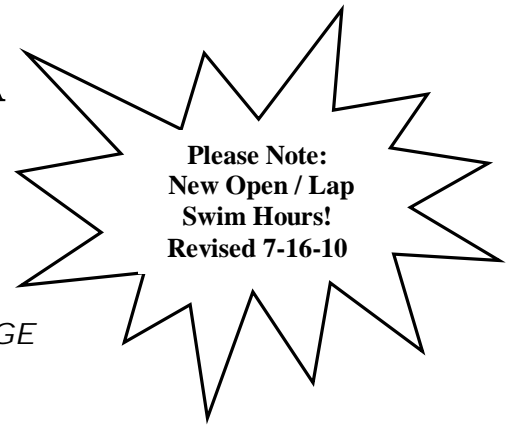




# Algona Family YMCA

## Burlingame Aquatic Center

### July 2010 Pool Schedule



*\*SCHEDULE SUBJECT TO CHANGE*

- Swim Lessons:** Pool is **CLOSED** during Swim Lessons
- Lap Swim:** Swimmers must be doing **CONTINUOUS LAPS** and be able to swim the length of the pool non-stop. Most generally one lap lane will be available except during swim lessons or swim team programming
- Open Swim:** Children 3<sup>rd</sup> grade and older who pass the **SWIM TEST** can swim by themselves during open swim times. Children under 3<sup>rd</sup> grade must be **directly** supervised by a parent/caregiver in the Burlingame Aquatic Center
- Water Exercise Classes:** 4 foot area of pool **CLOSED** to swimmers during classes.  
\*See back for class descriptions\*

<p><b><u>Monday</u></b>  5:00 - 7:30 am Lap Swim (6 lanes)  <b>7:30 - 8:15 am Water Exercise Classes (H2O Combo)</b>  8:00am - 6:00pm Open Swim  11:30 - 1:00pm Lap Swim (2 lanes)  <b>2:00 - 2:45pm Water Exercise Classes (Rusty Hinges)</b>  6:00 - 7:00pm Lap Swim (6 lanes)</p>	<p><b><u>Tuesday</u></b>  5:00 - 8:15am Lap Swim  <b>5:30-6:15am Water Exercise Classes (Aqua Blast)</b>  <b>8:15 - 9:00am Water Exercise Classes (Stretch &amp; Strengthen)</b>  8:00am - 6:00pm Open Swim  11:30 - 1:00pm Lap Swim (2 lanes)  <b>5:30 -6:15pm Water Exercise Classes (Aqua Lo)</b>  6:00 - 7:00pm Lap Swim</p>
<p><b><u>Wednesday</u></b>  5:00 - 7:30 am Lap Swim (6 lanes)  <b>7:30 - 8:15 am Water Exercise Classes (H2O Combo)</b>  8:00am - 6:00pm Open Swim  <b>9:45 -10:30am Water Exercise Classes (H2O Combo)</b>  11:30 - 1:00pm Lap Swim (2 lanes)  <b>2:00 - 2:45pm Water Exercise Classes (Rusty Hinges)</b>  6:00 - 7:00pm Lap Swim (6 lanes)</p>	<p><b><u>Thursday</u></b>  5:00 - 8:15 am Lap Swim  <b>5:30-6:15am Water Exercise Classes (Aqua Blast)</b>  8:00am - 6:00pm Open Swim  <b>8:15 - 9:00am Water Exercise Classes (Stretch &amp; Strengthen)</b>  11:30 - 1:00pm Lap Swim (2 lanes)  <b>5:30 -6:15pm Water Exercise Classes (Aqua Lo)</b>  6:00 - 7:00pm Lap Swim</p>
<p><b><u>Friday</u></b>  5:00 - 7:30 am Lap Swim (6 lanes)  <b>7:30 - 8:15 am Water Exercise Classes (H2O Combo)</b>  8:00 - 5:00 pm Open Swim  <b>9:45 -10:30am Water Exercise Classes (H2O Combo)</b>  12:00 - 1:00pm Lap Swim (2 lanes)  5:00 - 6:00pm Lap Swim (6 lanes)</p> <p><b>* SCHEDULE SUBJECT TO CHANGE</b></p>	<p><b><u>Saturday</u></b>  7:30 - 9:00 am Lap Swim (6 lanes)  9:00 - 2:00 pm Open Swim</p> <p><b><u>Sunday</u></b>  10:30 - 12:00 pm Lap Swim (6 lanes)  12:00 - 2:00pm Open Swim</p>

## WATER EXERCISE CLASSES

**Aqua Blast:** A high energy water aerobic workout! Participants will work all muscle groups for an intense overall body workout. Enjoy both shallow water aerobic conditioning and deep water suspension to strengthen and tone abdominals, back, legs and arms. Get the workout your body needs in a low impact environment

**Aqua Lo:** Participants will enjoy light aerobic exercise in both shallow and deep water. Special emphasis is on stretching, toning and increasing cardiovascular fitness. Low impact cardio workouts utilizing various pieces of buoyant equipment, non swimmers welcome.

**H2O Combo:** Early morning class for an energy boost all day! This class will have a combination of high and low energy water aerobics workout.

**Rusty Hinges:** Excellent exercise in the water for men and women with joint ailments, and muscular deficiencies. Water based, adaptive exercise program which is geared toward increasing strength, range of motion, and toning.

**Stretch and Strengthen:** A low impact water exercise class. This class is designed to improve joint and muscle flexibility, balance, coordination and strength.

*\*SCHEDULE SUBJECT TO CHANGE*

# YAQUATICS™

We build strong kids, strong families, strong communities.