



Spring 2018
 Instructional Pool @ Tom Taylor Family YMCA
 April 1st - June 30th

10550 Harbor Hill Drive
 Gig Harbor, WA 98332
 (253)853-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
4am	Lap Swim 4:45am - 5:30am	Lap Swim 4:45am - 7:45am	Lap Swim 4:45am - 5:30am	Lap Swim 4:45am - 7:45am	Lap Swim 4:45am - 5:30am		
	Open Swim 4:45am - 9pm	Open Swim 4:45am - 9pm	Open Swim 4:45am - 9pm	Open Swim 4:45am - 9pm	Open Swim 4:45am - 7pm		
5am	Shallow Water Aerobics 5am - 6am		Shallow Water Aerobics 5am - 6am		Shallow Water Aerobics 5am - 6am		
6am			Private Swim Lessons 6:55am - 9am			Open Swim 6:30am - 2pm	
8am	Multicare Water Therapy 8:30am - 10am	Pediatric Therapy 8am - 10am	Multicare Water Therapy 8:30am - 10am	Deep/Shallow Water Aerobics 8am - 9am	Pediatric Therapy 8am - 11am	Deep/Shallow Water Aerobics 8am - 9am	Open Swim 8am - 6:30pm
		Deep/Shallow Water Aerobics 8am - 9am			Multicare Water Therapy 8:30am - 10am	Private Swim Lessons 8:25am - 8:55am	
9am	Swim Lessons 9:30am - 11:10am	Swim Lessons 9:30am - 11:10am	Swim Lessons 9:30am - 11:10am	Swim Lessons 9:30am - 11:10am	Private Swim Lessons 9am - 11am	Swim Lessons 9am - 12pm	Private Swim Lessons 9am - 12:30pm
10am	Shallow Water Aerobics 10am - 11am	Shallow Water Aerobics 10am - 10:55am	Shallow Water Aerobics 10am - 11am	Shallow Water Aerobics 10am - 10:55am	Shallow Water Aerobics 10am - 11am		
11am	Shallow Water Aerobics 11:05am - 12:05pm	Water Aerobics - Aqua Zumba® 11:15am - 12:15pm	Shallow Water Aerobics 11:05am - 12:05pm	Water Aerobics - Aqua Zumba® 11:15am - 12:15pm	Shallow Water Aerobics 11:05am - 12:05pm		
12pm	Registered Programming 12pm - 3pm	Safety Around Water 12:30pm - 1:30pm	Registered Programming 12pm - 3pm	Safety Around Water 12:30pm - 1:30pm	Modified Water Aerobics 12:05pm - 1:05pm	Private Swim Lessons 12pm - 6pm	
	Modified Water Aerobics 12:05pm - 1:05pm		Modified Water Aerobics 12:05pm - 1:05pm			Water Aerobics - Aqua Zumba® 12:10pm - 1pm	
	Safety Around Water 12:30pm - 1:30pm		Safety Around Water 12:30pm - 1:30pm				
1pm							Swim Lessons 1pm - 4pm
2pm	Multicare Water Therapy 2pm - 3:30pm	Aqua Healthy Joints 2pm - 2:45pm	Multicare Water Therapy 2pm - 3:30pm	Aqua Healthy Joints 2pm - 2:45pm	Multicare Water Therapy 2pm - 3:30pm	Open Swim 2pm - 9pm	
3pm	Water Walking 3pm - 3:45pm	Water Walking 3pm - 3:45pm	Water Walking 3pm - 3:45pm	Water Walking 3pm - 3:45pm	Water Walking 3pm - 3:45pm		Private Swim Lessons 3pm - 6pm
					Private Swim Lessons 3:30pm - 7:30pm		
4pm	Swim Lessons 4pm - 7:45pm	Swim Lessons 4pm - 7pm	Swim Lessons 4pm - 7:45pm	Swim Lessons 4pm - 7pm			
6pm	Shallow Water Aerobics 6pm - 7pm		Shallow Water Aerobics 6pm - 7pm				
7pm	Water Walking 7pm - 9pm	Swim Team 7pm - 8pm	Water Walking 7pm - 9pm	Swim Team 7pm - 8pm	Water Walking 7pm - 9pm		
8pm		Water Walking 8pm - 9pm		Water Walking 8pm - 9pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

For further schedule information, including class description, instructor names, lap lane availability or program notifications please visit us at www.ympcpc.org or on our mobile application.



Class Descriptions Tom Taylor Family YMCA

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- Aqua Healthy Joints** - Condition your overall body in this class designed to increase the range of motion in joints and strengthen muscles.
- Deep/Shallow Water Aerobics** - This instructor-led group exercise class allows participants to choose between working out in the deep or shallow pools. This is a great source of cardiovascular and strength workout for all fitness levels.
- Lap Swim** - Enjoy swimming for physical fitness. Lap lane etiquette is posted in pool area.
- Modified Water Aerobics** - This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level.
- Multicare Water Therapy** - For Multicare patients. Please see our Multicare office upstairs or call 253-530-8970
- Open Swim** - Our pools provide a unique opportunity for families and individuals to enjoy recreation in a safe and secure environment. Non-swimmers and children 8 and under must be accompanied by an adult in the water.
- Pediatric Therapy** - Pediatric Water Therapy is for children with referral to Pediatric Physical Therapy.
- Private Swim Lessons** - Private and semi-private swimming lessons are available for an additional fee.
- Registered Programming** - This area is reserved for registered programming. Please visit our Welcome Center for more information.
- Safety Around Water** - Participants will learn how to front and back float, jump in and return to the edge of the pool, and to kick on their front and back for ten feet. Participants will also learn how to use a personal flotation device.
- Shallow Water Aerobics** - Improve efficiency of the heart and lungs while increasing muscle strength, endurance, and flexibility.
- Swim Lessons** - Group swim lessons available for ages 6 months to adult. Registration required.
- Swim Team** - Engage in competitive swimming with a goal-focused emphasis. Swim team participation promotes sportsmanship, self-esteem, self-discipline, self-improvement, and social interaction. Participants must be at least at the Level 6 swimming level.
- Water Aerobics - Aqua Zumba®** - Blending challenging, water-based cardio conditioning, body toning, and an exhilarating experience, this class is held in a safe, aquatic environment.
- Water Walking** - A great place to begin your exercise routine. Water walking utilizes movements that increase flexibility, muscle strength, and endurance.

Swimmers under 8 years old must be accompanied by an adult in swim attire within arm's reach.
All swimmers must shower prior to entering the pool.

SAFETY AROUND WATER | PROGRAM DATES

April 2-5 | Evergreen Elementary

April 9-12 | Minter Creek Elementary

Registered classes and Swim Lessons will not occur during these dates;

- April 16-22
- May 21-27
- June 25-30

Holiday Hours;

Easter | April 1, CLOSED

Memorial Day | May 28, 7am-3pm