



Spring 2018
Main 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 6 Lanes Open 4:45am - 6:55am	Lap Swim 6 Lanes Open 4:45am - 7:55am	Lap Swim 6 Lanes Open 4:45am - 6:55am	Lap Swim 6 Lanes Open 4:45am - 7:55am	Lap Swim 6 Lanes Open 4:45am - 6:55am		
6am						Masters Swim James 1 Lanes Open 6:30am - 8am	
7am	Aqua Boot Camp Laura 2 Lanes Open 7am - 8am		Aqua Boot Camp Laura 1 Lane Open 7am - 8am		Aqua Boot Camp Laura 2 Lanes Open 7am - 8am		
8am	Aqua Boot Camp Laura 2 Lanes Open 8am - 9am	Deep Water Aerobics Linda 3 Lanes Open 8am - 9am	Aqua Boot Camp Laura 2 Lanes Open 8am - 9am	Deep Water Aerobics Linda 3 Lanes Open 8am - 9am	Aqua Boot Camp Laura 2 Lanes Open 8am - 9am	Private Swim Lessons 3 Lanes Open 8am - 9am	Lap Swim 6 Lanes Open 8am - 9am
						Deep Water Aerobics Chieko 3 Lanes Open 8am - 9am	
9am	Swim Lessons 5 Lanes Open 9:30am - 11:10am	Swim Lessons 5 Lanes Open 9:30am - 11:10am	Swim Lessons 5 Lanes Open 9:30am - 11:10am	Swim Lessons 5 Lanes Open 9:30am - 11:10am	Private Swim Lessons 4 Lanes Open 9am - 11am	Swim Lessons 2 Lanes Open 9am - 12pm	Private Swim Lessons 4 Lanes Open 9am - 12:30pm
11am	Deep Water Aerobics Leslie 3 Lanes Open 11am - 12pm	Lap Swim 6 Lanes Open 11:15am - 12:30pm	Deep Water Aerobics Leslie 3 Lanes Open 11am - 12pm	Lap Swim 6 Lanes Open 11:15am - 12:30pm	Deep Water Aerobics 3 Lanes Open 11am - 12pm		
12pm	Lap Swim 6 Lanes Open 12pm - 1pm	Safety Around Water 1 Lane Open 12:30pm - 1:30pm	Lap Swim 6 Lanes Open 12pm - 1pm	Safety Around Water 1 Lane Open 12:30pm - 1:30pm		Private Swim Lessons 5 Lanes Open 12pm - 6pm	
	Safety Around Water 1 Lane Open 12:30pm - 1:30pm		Safety Around Water 1 Lane Open 12:30pm - 1:30pm				
1pm	Registered Programming 2 Lanes Open 1pm - 3pm		Registered Programming 2 Lanes Open 1pm - 3pm				Swim Lessons 2 Lanes Open 1pm - 3:10pm
3pm	Lap Swim 6 Lanes Open 3pm - 4pm	Swim Lessons 2 Lanes Open 3:30pm - 7pm	Lap Swim 6 Lanes Open 3pm - 4pm	Swim Lessons 2 Lanes Open 3:30pm - 7pm	Private Swim Lessons 3 Lanes Open 3:30pm - 7pm		Lap Swim 6 Lanes Open 3:15pm - 6:30pm
4pm	Swim Lessons 2 Lanes Open 4pm - 7pm		Swim Lessons 2 Lanes Open 4pm - 7pm				
5pm					Swim Team 1 Lane Open 5:30pm - 7pm		
6pm						Lap Swim 6 Lanes Open 6pm - 9pm	
7pm	Swim Team 1 Lane Open 7pm - 8pm	Swim Team 1 Lane Open 7pm - 8pm	Swim Team 1 Lane Open 7pm - 8pm	Swim Team 1 Lane Open 7pm - 8pm	Lap Swim 6 Lanes Open 7pm - 9pm		
8pm	Lap Swim 6 Lanes Open 8pm - 9pm	Lap Swim 6 Lanes Open 8pm - 9pm	Lap Swim 6 Lanes Open 8pm - 9pm	Lap Swim 6 Lanes Open 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 Boot Camp - High-intensity and low impact to give you a full body workout with cardio and strength training while utilizing the pool and deck.

Deep Water Aerobics - With a focus on core muscles and cardiovascular conditioning, you'll work your whole body in this water class. Flotation belts are available and basic swim skills are recommended.

Lap Swim - Enjoy swimming for physical fitness. Lap lane etiquette is posted in pool area.

Masters Swim - For swimmers interested in meeting other swim enthusiasts including lap swimmers, tri-athletes, and competitive swimmers. A coach is on deck ready to assist participants in improving technique and strokes.

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.

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.

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.

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

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

SAFETY AROUND WATER | PROGRAM DATES

April 2-5 | Evergreen Elementary

April 9-12 | Minter Creek Elementary

Holiday Hours;

Easter | April 1, CLOSED

Memorial Day | May 28, 7am-3pm