



Summer Schedule

Instructional Pool @ Tom Taylor Family YMCA

July 1st - September 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		
5am	Shallow Water Aerobics 5am - 6am		Shallow Water Aerobics 5am - 6am		Shallow Water Aerobics 5am - 6am		
8am	Open Swim 8am - 9pm	Pediatric Therapy 8am - 10am	Open Swim 8am - 9pm	Open Swim 8am - 9pm	Pediatric Therapy 8am - 11am	Deep/Shallow Water Aerobics 8am - 9am	Open Swim 8am - 6:30pm
	Multicare Water Therapy 8:30am - 10am	Open Swim 8am - 9pm	Multicare Water Therapy 8:30am - 10am	Deep/Shallow Water Aerobics 8am - 9am	Open Swim 8am - 9pm	Open Swim 8am - 9am	
		Deep/Shallow Water Aerobics 8am - 9am			Multicare Water Therapy 8:30am - 10am		
9am	Swim Lessons 9am - 12pm	Swim Lessons 9am - 12pm	Swim Lessons 9am - 12pm	Swim Lessons 9am - 12pm	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		
					Summer Day Camp 10am - 11:30am		
11am	Shallow Water Aerobics 11:05am - 12:05pm	Aqua Dance 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	Summer Day Camp 12:30pm - 3:30pm	Registered Programming 12pm - 3pm	Summer Day Camp 12:30pm - 3:30pm	Modified Water Aerobics 12:05pm - 1:05pm	Private Swim Lessons 12pm - 6pm	Swim Lessons 12:55pm - 3:15pm
	Modified Water Aerobics 12:05pm - 1:05pm		Modified Water Aerobics 12:05pm - 1:05pm				
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	
		Registered Programming 2:30pm - 5:30pm		Registered Programming 2:30pm - 5:30pm			
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.ympack.org or on our mobile application.



Class Descriptions Tom Taylor Family YMCA

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

- Aqua Dance** - Cardio fitness and strength conditioning set to lively music from a variety of dance genres while utilizing the pool and deck.
- 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.
- Shallow Water Aerobics** - Improve efficiency of the heart and lungs while increasing muscle strength, endurance, and flexibility.
- Summer Day Camp** - At day camp, children make friendships, gain self-confidence, and are encouraged to model the Y values of caring, honesty, respect, and responsibility.
- 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.

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

- July 4
- July 29 - August 5
- September 3 -16

Special hours of operation:

- Independence Day | July 4, 7am – 1pm
- Summer Celebration | August 17, 4:45am – 5pm
- Labor Day | September 3, 7am-3pm

ALL POOLS CLOSED | September 5-14