

# Shallow Pool Schedule - December | Bremerton Family YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Water Walking</b> YMCA Staff 5am - 7am	<b>Water Walking</b> YMCA Staff 5am - 8:30am	<b>Water Walking</b> YMCA Staff 5am - 7am	<b>Water Walking</b> YMCA Staff 5am - 8:30am	<b>Water Walking</b> YMCA Staff 5am - 7am		
<b>7am</b>	<b>Shallow Water Aerobics</b> Patrick L.B. 7am - 8am		<b>Shallow Water Aerobics</b> Patrick L.B. 7am - 8am		<b>Shallow Water Aerobics</b> Patrick L.B. 7am - 8am	<b>Water Walking</b> YMCA Staff 7:30am - 8:30am	
<b>8am</b>	<b>Open Swim</b> YMCA Staff 8am - 8:30am	<b>Shallow Water Aerobics</b> Chris D. 8:30am - 9:30am	<b>Open Swim</b> YMCA Staff 8am - 8:30am	<b>Shallow Water Aerobics</b> Chris D. 8:30am - 9:30am	<b>Open Swim</b> YMCA Staff 8am - 8:30am	<b>Open Swim</b> YMCA Staff 8:30am - 10am	
	<b>Shallow Water Aerobics</b> Patrick L.B. 8:15am - 9:15am		<b>Shallow Water Aerobics</b> Patrick L.B. 8:15am - 9:15am		<b>Shallow Water Aerobics</b> Patrick L.B. 8:30am - 9:30am		
<b>9am</b>	<b>Aqua Dance</b> YMCA Staff 9:45am - 10:45am	<b>Open Swim</b> YMCA Lifeguards 9:30am - 10pm	<b>Aqua Dance</b> YMCA Staff 9:45am - 10:45am	<b>Open Swim</b> YMCA Lifeguards 9:30am - 10pm	<b>Open Swim</b> YMCA Staff 9:30am - 1:15pm		<b>Open Swim</b> YMCA Staff 9:30am - 1pm
<b>10am</b>		<b>Swim Lessons*</b> YMCA Staff 10am - 11:30am		<b>Swim Lessons*</b> YMCA Staff 10am - 11:30am		<b>Swim Lessons*</b> YMCA Staff 10am - 12:15pm	
<b>11am</b>	<b>Homeschool PE*</b> YMCA Staff 11am - 1pm				<b>Homeschool PE*</b> YMCA Staff 11am - 1pm		
<b>12pm</b>		<b>Third Grade Swim</b> YMCA Staff 12pm - 2pm		<b>Third Grade Swim</b> YMCA Staff 12pm - 2pm		<b>Open Swim</b> YMCA Staff 12:15pm - 2:15pm	
<b>1pm</b>	<b>Modified Water Aerobics</b> YMCA Staff 1:15pm - 2pm		<b>Modified Water Aerobics</b> Dianna G. 1:15pm - 2pm		<b>Modified Water Aerobics</b> YMCA Staff 1:15pm - 2pm		<b>Swim Lessons*</b> YMCA Staff 1pm - 2:40pm
<b>2pm</b>	<b>Open Swim</b> YMCA Staff 2pm - 4pm	<b>Open Swim</b> YMCA Staff 2pm - 4pm	<b>Open Swim</b> YMCA Staff 2pm - 4pm	<b>Open Swim</b> YMCA Staff 2pm - 4pm	<b>Open Swim</b> YMCA Staff 2pm - 8pm	<b>Aqua Dance</b> YMCA Staff 2:15pm - 3:15pm	<b>Open Swim</b> YMCA Staff 2:40pm - 5:30pm
<b>3pm</b>						<b>Open Swim</b> YMCA Staff 3:15pm - 7:30pm	<b>Open Swim</b> YMCA Staff 3pm - 5:30pm
<b>4pm</b>	<b>Swim Lessons*</b> YMCA Staff 4pm - 7pm	<b>Swim Lessons*</b> YMCA Staff 4pm - 7pm	<b>Swim Lessons*</b> YMCA Staff 4pm - 7pm	<b>Swim Lessons*</b> YMCA Staff 4pm - 7pm	<b>Swim Team*</b> YMCA Staff 4pm - 6pm		
<b>7pm</b>	<b>Open Swim</b> YMCA Staff 7pm - 9pm	<b>Open Swim</b> YMCA Staff 7pm - 9pm	<b>Open Swim</b> YMCA Staff 7pm - 9pm	<b>Open Swim</b> YMCA Staff 7pm - 9pm			
<b>8pm</b>					<b>Teen Late Nite</b> YMCA Staff 8:30pm - 11pm		

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

**Fall 2 Session:** November 11 - December 15  
**Winter 1 Registration:** December 16 - January 12  
**Winter 1 Session:** January 13 - February 16

**Lifeguard In-service:** December 13 | 11:30am-1:30pm  
 December 22 | 5:30-7:30pm

**Bremerton Y Swim Meet:** December 14 | 12:30-5:30pm

**Bremerton High Swim Meet:** December 05 | 2:30-4:30pm  
 December 12 | 2:30-4:30pm

**Aqua Dance canceled December 14**

**Mountain View Middle School:** December 19 | 10am-12:30pm

## **Water Walking**

A great place to begin your exercise routine. Water walking utilizes movements that increase flexibility, muscle strength, and endurance.

## **Shallow Water Aerobics**

Improve efficiency of the heart and lungs while increasing muscle strength, endurance, and flexibility.

## **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 under 8 must be accompanied by an adult in the water.

## **Aqua Dance**

Cardio fitness and strength conditioning set to lively music from a variety of dance genres while utilizing the pool and deck.

## **Swim Lessons\***

## **Homeschool PE\***

Age appropriate skill development drills teach general fitness, sports, balance, teamwork, and more. Open to all homeschooled children during the school year and included in your YMCA membership.

## **Third Grade Swim**

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 floatation device.

## **Modified Water Aerobics**

This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level.

## **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 Stroke Mechanics swimming level.

## **Teen Late Nite**

Teen Late Nite encourages the development of youth in grades 9-12 by providing a safe environment, consistent adult involvement, and fun activities that foster excellence and a positive attitude. Free to any teens in the community. You do not need to be a member to attend so bring your friends!