



HASELWOOD FAMILY YMCA | 360-698-YMCA

Monday-Thursday: 4:30am-10pm

Friday: 4:30am-9pm

Saturday: 6:30am-8:30pm

Sunday: 8am-8pm

LAP POOL

January 5-March 28

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Lap Swim *6 4:45 am-8:00 am		Lap Swim *6 4:45 am-6:00 am		Lap Swim *6 4:45 am-8:00 am		Lap Swim *6 4:45 am-6:00 am		Lap Swim *6 4:45 am-8:00 am		Lap Swim *6 6:30 am-9:00 am			
		Lap Swim *4	Deep Water Fitness *2 6:00 am-6:55 am			Lap Swim *4	Deep Water Fitness *2 6:00 am-6:55 am	Lap Swim *4	Deep Water Fitness *2 6:00 am-6:55 am				
		Lap Swim *6 6:55 am-8:00 am				Lap Swim *6 6:55 am-8:00 am		Lap Swim *6 6:55 am-8:00 am					
Lap Swim *4	Deep Water Fitness *2 8:00 am-8:55 am	Lap Swim *4	Deep Water Fitness *2 8:00 am-8:55 am	Lap Swim *4	Deep Water Fitness *2 8:00 am-8:55 am	Lap Swim *4	Deep Water Fitness *2 8:00 am-8:55 am	Lap Swim *4	Deep Water Fitness *2 8:00 am-8:55 am	Lap Swim *6 8:00 am-1:00 pm		Lap Swim *6 8:00 am-1:00 pm	
Lap Swim *2	AquaZumba® *1 9:00 am-9:50 am	Lap Swim *6 8:55 am-9:30 am		Lap Swim *2	AquaZumba® *1 9:00 am-9:50 am	Lap Swim *6 8:55 am-9:30 am		Lap Swim *5	AquaZumba® *1 9:00 am-9:50 am				
Lap Swim *2	Swim Lessons *3 9:30 am-11:45 am	Lap Swim *2	Swim Lessons *2 9:30 am-11:45 am	Lap Swim *2	Swim Lessons *2 9:30 am-11:45 am	Lap Swim *2	Swim Lessons *2 9:30 am-11:45 am	Lap Swim *4	Deep Water Fitness *2 10:00 am-11:00 am				
Lap Swim *1	Deep Water Fitness *2 10:00 am-11:00 am	Lap Swim *1	Deep Water HIIT *2 11:05 am-11:50 am	Lap Swim *1	Deep Water Fitness *2 10:00 am-11:00 am	Lap Swim *3	Paddle Board Fitness *2 12-1pm	Lap Swim *5	Shallow Water Fitness *1 12:00 pm-12:55 pm	Lap Swim *1	Deep Core *2 11:00 am-11:45 am	Lap Swim *4	Swim Lessons *2 1:00 pm-3:50 pm
	Deep Water HIIT *2 11:05 am-11:50 am	Lap Swim *5	Shallow Water Fitness *1 12:00 pm-12:55 pm	Lap Swim *3	Homeschool PE *3 1:00 pm-2:45 pm	Lap Swim *3	Shallow Water Fitness *1 12:00 pm-12:55 pm	Lap Swim *3	Homeschool PE *3 1:00 pm-2:45 pm	Lap Swim *2	AquaZumba® *1 12:10pm-1:05pm		
Lap Swim *5	Shallow Water Fitness *1 12:00 pm-12:55 pm	Lap Swim *5	Shallow Water Core *1 1:00 pm-1:45 pm	Lap Swim *3		Lap Swim *4	Deep Water Core *2 1:00 pm-1:45 pm	Lap Swim *3		Lap Swim *4	Paddle Board Fitness *2 1:00 pm-2:30 pm		
Lap Swim *6 12:55 pm-4:00 pm		Lap Swim *6 1:45 pm-4:00 pm		Lap Swim *6 2:45-4:00 pm		Lap Swim *6 1:45 pm-4:00 pm		Lap Swim *6 2:45 pm-4:30 pm		Lap Swim *4	Paddle Board Fitness *2 2:45pm-3:45 pm	Lap Swim *6 3:50 pm-7:30 pm	
Adult Lap Swim *2	Swim Lessons *4 4:00 pm-7:00 pm	Adult Lap Swim *2	Swim Lessons *4 4:00 pm-7:00 pm	Adult Lap Swim *2	Swim Lessons *4 4:00 pm-7:00 pm	Adult Lap Swim *2	Swim Lessons *4 4:00 pm-7:00 pm	Lap Swim *2	Haselwood Swim Team *4 4:30 pm-6:30 pm	Lap Swim *6 6:30 pm-8:30 pm	Lap Swim *6 3:45 pm-8:00 pm		
Lap Swim *2	Haselwood Swim Team *4 7:00 pm-8:45 pm	Lap Swim *2	Haselwood Swim Team *4 7:00 pm-7:45 pm	Lap Swim *2	Haselwood Swim Team *4 7:00 pm-8:45 pm	Lap Swim *2	Haselwood Swim Team *4 7:00 pm-7:45 pm						
Lap Swim *6 8:45 pm-9:00 pm		Lap Swim *2	Haselwood Swim Team *4 7:45 pm-8:45 pm	Lap Swim *6 8:45 pm-9:00 pm		Lap Swim *2	Haselwood Swim Team *4 7:45 pm-8:45 pm						

* Denotes the number of lanes being used for the listed activity/program

CLASS DESCRIPTIONS

ADULT INDEPENDENT RIVER WALK	Adult River time for a self-paced and self-guided River Workout.
AQUA BOOT CAMP-RIVER	Get energized in this High Intensity River Class. Use the resistance of the River as well as intervals and circuit training to improve overall conditioning. Be ready to work hard and have fun!
AQUA BOOT CAMP-SHALLOW	This intense 55 minute class is designed to strengthen the muscles in a buoyant environment.
CORE	Focus specifically on your abdominal muscles in this 35 minute shallow water class.
HEALTHY JOINTS	This 45-minute class is specially designed for those who have various bodily limitations, such as arthritis or injury, and who need increased movement to help alleviate these issues. You will experience fluid movements with emphasis on increasing range of motion.
HOMESCHOOL	Registered swim lesson program for home-schooled children
MODIFIED SHALLOW WATER FITNESS	This class offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. Emphasis is given to balance and coordination training. No swimming ability is required.
RECREATIONAL SWIM	Our pools provide a unique opportunity for families and individuals to enjoy wholesome recreation in a safe, secure environment. Non-swimmers and children 7 and under must be accompanied by an adult in the water.
RIVER FITNESS	Set your own pace with and against the current. Water resistance equipment and training techniques, such as Intervals, may be used to improve your cardio respiratory fitness, endurance and overall strength.
SHALLOW WATER FITNESS	Improve efficiency of the heart and lungs while increasing muscle strength, endurance, and flexibility.
SWIM LESSONS	Registered program in which youth and adults are taught the fundamentals of swimming. Our programs emphasize values, sportsmanship, friendship and unity. No swim tests or bands will be administered during lessons.

OUR MISSION: To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.