



HASELWOOD FAMILY YMCA | 360-698-YMCA

Monday-Thursday: 4:30am-10pm

Friday: 4:30am-9pm

Saturday: 6:30am-8:30pm

Sunday: 9am-5pm

RECREATIONAL POOL

January 5-March 28

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Aqua Boot Camp- Shallow Water 7:00 am-7:55 am		Deep Water Fitness 6:00 am-6:55 am		Aqua Boot Camp- Shallow Water 7:00 am-7:55 am		Deep Water Fitness 6:00 am-6:55 am		Aqua Boot Camp- Shallow Water 7:00 am-7:55 am					
Aqua Boot Camp- Shallow Water 8:00 am-8:55 am		Modified Fitness - Shallow Water 7:00 am-7:45 am		Aqua Boot Camp- Shallow Water 8:00 am-8:55 am	Total Body Fu- sion 8:00 am-8:55 am	Modified Fitness - Shallow Water 7:00 am-7:45 am		Aqua Boot Camp- Shallow Water 8:00 am-8:55 am					
AquaZumba® 9:00 am-9:50 am		Jazz Fusion Water Fitness 9:00 am-9:45 am		AquaZumba® 9:00 am-9:50 am am	River Fitness 9:05 am-10:00 am	River Fitness 9:05 am-10:00 am		River Fitness 9:05 am-10:00 am					
Swim Lessons 9:30 am-11:45 am		Swim Lessons 9:30am -11:45 am		Swim Lessons 9:30 am-11:45 am		Swim Lessons 9:30 am-11:45 am		Shallow water fitness 11:00 am-11:40 am		Swim Lessons 9:00 am-12:00 pm			
Shallow Water HIIT 11:05 am-11:50 am		Shallow Water HIIT 11:05 am-11:50 am		Shallow water fitness 11:00 am-11:40 am		Dance Fusion Water Fitness 10 am-10:45 am		Shallow Water Fitness 12:00 pm-12:55 pm					
Shallow Water Fitness 12:00 pm-12:55 pm		Shallow Water Fitness 12:00 pm-12:55 pm		Kick Board Boot Camp 12:00 pm-12:55 pm		Shallow Water Fitness 12:00 pm-12:55 pm		Shallow Water Fitness 12:00 pm-12:55 pm		Swim Lessons 1:00 pm-4:00 pm			
		Core 1:00 pm-1:45 pm		Homeschool PE 1:00 pm-3:00 pm		Core 1:00 pm-1:45 pm		Core 1:00 pm-1:45 pm					
						Water Slide 2:45pm-3:15 pm						Water Slide 11:30am-1:00 pm	
Water Slide 4:pm- 4:30pm						Water Slide 4 pm- 4:30 pm						Water Slide 4 pm-4:30pm	
Water Slide 6 pm- 6:25 pm		Swim Lessons 4:00 pm-7:00 pm		Water Slide 6 pm-6:25 pm		Swim Lessons 4:00 pm-7:00 pm		Water Slide 6 pm- 6:25 pm		Swim Lessons 4:00 pm-7:00 pm		Water Slide 2:00pm -2:30pm	
										River Fitness 6:00 pm-6:55 pm		Water Slide 3:30pm-4:30pm	
River Fitness 6:30 pm-7:25 pm		River Fitness 6:30 pm-7:25 pm		River Fitness 6:30 pm-7:25 pm		River Fitness 6:30 pm-7:25 pm		River Fitness 6:30 pm-7:25 pm		Open Swim Times Monday-Thursday: 4:45 am-9 pm Friday: 4:45 am -8:30 pm Saturday: 6:30 am - 8 pm Sunday: 8 am- 4:30 pm			
		AquaZumba® 7:30 pm-8:20 pm		AquaZumba® 7:30 pm-8:20 pm		AquaZumba® 7:30 pm-8:20 pm		AquaZumba® 7:30 pm-8:20 pm					

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.