

March Shallow Pool Schedule | Bremerton Family YMCA

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

Winter 2 Session: February 24 - March 29

*Registered Program, visit www.ymcapk.org to sign up

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!