



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

AQUATICS SCHEDULE

EUGENE FAMILY YMCA

Fall 2010 Lap & Rec. Swim Schedule

Updated 9/28–12/17

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool							
AM 5:30-8:00	Lap	Lap	Lap	Lap	Lap	6:00-9:00 Lap	9:00-11:00 Lap *
11:30-1:30	Lap	Lap	Lap	Lap	Lap	10:00-11:00 Lap*	
5:30-6:30	Lap	Lap	Lap	Lap	Lap	12:00-2:00 Lap*	12:00-2:00 Lap *
6:30-7:00					Rec. Swim *	2:00-5:00 Rec. Swim	2:00-5:00 Rec. Swim Lap
7:00-8:00					Rec. Swim		
8:00-9:50	Lap	Lap	Lap	Lap	Lap	5:00-6:00 Lap	5:00-6:00 Lap
						6:00-7:50 Rec. Swim Lap	6:00-7:50 Rec. Swim Lap
Small Pool							
3:00-5:00	Rec. Swim	Rec. Swim	Rec. Swim	Rec. Swim	Rec. Swim	12:00- 7:50 Rec. Swim	12:00- 7:50 Rec. Swim
5:00-7:00					Rec.Swim		
7:00-8:45	Rec. Swim	Rec. Swim	Rec. Swim	Rec. Swim	Rec. Swim		

Lap Swim

It's not a race, find your pace. Four lanes open, ranging from Aqua-joggers and slow swimmers to speedy swimmers. Find your lane and find yourself feeling great the rest of the day. Aqua-joggers are welcome.

Lap Etiquette

Please choose appropriate lane for your pace. If 2 people are in a lane, please split or circle swim the lane. If 3 or more are in a lane, then everyone circle swim the lane. If lap is happening with another activity lanes will open as usage allows.

Rec. Swim

Kids of all ages love water play! Challenge another Y family to a round of Marco Polo, tag team with another parent while you head to the hot tub or teach your kid how to do a handstand in water—the possibilities for family fun are endless!

Other Programs

For information on Swim Lessons, Swim Team and Water Polo, please see our lessons flyer.

Times not listed or empty spaces indicate that there are other Y programs happening and the pool is not available.

* = One lane designated for swim lessons



All of our schedules are on line. Please consider viewing

Eugene Family YMCA

2055 Patterson, Eugene OR 97405

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AQUATICS SCHEDULE

EUGENE FAMILY YMCA

Fall 2010 Water Wellness Class Schedule

9/7–12/17

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool 84° 4 lanes							
8:00-9:00	Deep Water Wellness	Deep Water Wellness	Deep Water Wellness	Deep Water Wellness	Deep Water Wellness	9:00-10:00 Deep Water Wellness	
9:00-9:45	Gentle Water Aerobics	Mindful Motion	Gentle Water Aerobics	Mindful Motion	Gentle Water Aerobics		
9:00-10:00	Deep Water Wellness		Deep Water Wellness		Deep Water Wellness	11:00-12:00 Circle Swim	11:00-12:00 Circle Swim
10:30-11:30	Circle Swim	Circle Swim	Circle Swim w/ Natalie	Circle Swim	Circle Swim	Other Programs For information on Swim Lessons, Swim Team and Water Polo, please see our lessons flyer.	
7:00-8:00	Deep Water Wellness	Wet 'n Wild Family Aerobics	Deep Water Wellness	Deep Water Wellness	Group Lessons		
Small Pool 90° shallow pool							
10:45-11:30	Toddler time				Toddler time		
11:30-12:30	Keep Moving	Arthritis Movement	Keep Moving	Arthritis Movement	Keep Moving	Pool times not listed are not available for use.	

Deep Water Wellness

Your body will love you (cardio without impact on your joints!), your spirit will thank you (great people!) and your mind will take note to come back again and again (ah, that feels GOOD!)

Circle Swim

Grab a buddy and an aqua-jog belt or swim alone at your own pace. No lap lines, no pressure; just you, some music and some others who like to get wet while getting fit!

Gentle Water Aerobics

Lap Pool, shallow end
Dorsey and Goodman provide the background music; Y people provide the good conversation and laughs; you provide the desire to move your body and feel great!

Wet 'n Wild Family Aerobics

When you and your (age 8 and up) kids come get wet 'n' wild, we think you'll agree that family water aerobic workouts are as good for the soul as they are for the heart and muscles.

Toddler Time:

Instructional pool

A time where parents can come with their toddlers (Ages 6 months—2 1/2 years) and enjoy time in the small pool. Focus is on play and being comfortable with water and introduction to instruction. *Cloth swimmer diapers are required.*

Circle Swim w/ Natalie

Jump in with a fun-loving Y staff who aqua-jogs alongside you, providing encouragement, fun facts and humor. If you've never tried your workout in the water, this is a great place to start: No impact on your joints, great impact on your well-being.

Keep Moving

We want you walking, swimming, stretching and feeling great for many years to come. The pool is a great place to train the muscles and joints so you can do just that! If you're living with arthritis or looking for a gentle complement to your physical therapy program, look no further than your Y pool.

Arthritis Fitness

Warm water, warm joints, and a warm welcome to all who want to experience the healing powers of movement in water. Designed and certified by the National Arthritis Foundation

Mindful Motion

Stretch your definition of a good stretch— and come try it in the water! Be in the pool and be in the moment as we fuse yoga and pilates to give your core the strength it needs for the day.

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