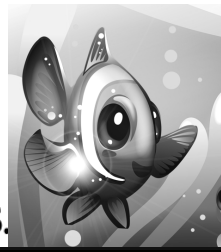


YAQUATICS™



**Summer
'10**
June 18-Sept. 5

We build strong kids, strong families, strong communities.

LAP POOL 84°

TIME	MON	TUES	WED	THURS	FRI
5:30-8:00	LAP (Aquajogger welcome)				
8:00-9:00	Deep H2O Aerobics				
9:00-10:00	Gentle Aerobics til 9:45 Deep H2O Aerobics	Y Group Lesson	Gentle Aerobics til 9:45 Deep H2O Aerobics	Y Group Lesson	Gentle Aerobics til 9:45 Deep H2O Aerobics
10:00-10:30	Y Group Lessons				
10:30-11:30	Circle Swim	Circle Swim	Circle Swim w/ Natalie	Circle Swim	Circle Swim
11:30-1:30	LAP (Aquajoggers welcome)				
1:30-4:00	Rec. Swim				
4:00 - 5:30	Y Group Lesson				
5:30-6:30	LAP (Aquajoggers welcome)				
6:30-7:00	LAP/ Lessons				Lessons/ Rec.
7:00-8:00	Deep H2O Aerobics	Family H2O Aerobics	Deep H2O Aerobics	Deep H2O Aerobics	
8:00-9:50	LAP (Aquajoggers welcome)				

TIME	SAT	TIME	SUN
6-9	LAP (Aquajoggers welcome)	9:00-11:00	LAP (Aquajoggers welcome) / Swim Lessons
9:00-10:00	Deep H2O Aerobics	11:00-12:00	Circle Swim
10:00 - 11:00	LAP (Aquajoggers welcome)	12:00-2:00	LAP (Aquajoggers welcome) / Swim Lessons
		2:00-5:00	LAP/ Rec. Swim
11:00-12:00	Circle Swim	5:00-6:00	LAP (Aquajoggers welcome)
12:00-2:00	LAP (Aquajoggers welcome)/ Lessons	6:00-7:50	Rec. Swim/ LAP
2:00-5:00	Rec. Swim	KEY	
5:00-6:00	LAP (Aquajoggers welcome)	Shaded	These boxes highlight activities specifically for youth and or families.
6:00-7:50	Rec. Swim/ LAP		

INSTRUCTIONAL POOL 90°

TIME	MON	TUES	WED	THURS	FRI
9:00-11:30	Y Group Lessons				
11:30-12:30	Keep Moving	Arthritis Movement 'til 12:15	Keep Moving	Arthritis Movement 'til 12:15	Keep Moving
12:30 - 1:30	Toddler Time	Y Groups	Y Groups	Y Groups	Toddler Time
1:30 - 4:00	Rec. Swim				
4:00 - 6:00	Y Group Lessons				Rec. Swim
6:00 - 8:45	Rec. Swim				

TIME	SAT	SUN
12:00 - 7:50	Rec. Swim	

EUGENE FAMILY YMCA

2055 Patterson Eugene, OR 97405 686-9622 www.eugeneymca.org

We build strong kids, strong families, strong communities.

Pool Activity Descriptions...

Arthritis Fitness: (Instructional pool) This class, designed and certified by the National Arthritis Foundation, is taught in our warm water pool and provides joint rotation and gentle stretching.

Circle Swim: (Lap pool) Swim in a clockwise circle around the perimeter of the pool. Go at your own pace with a little more space.

Circle Swim with Natalie: (Lap pool) An introduction to aqua jogging with a touch of YMCA fun facts and information.

Deep Water Aerobics: (Lap pool) A great cardio workout with lots of toning and no impact! Aqua-Joggers provided.

Family H2O Aerobics: (Lap pool) Everyone is welcome to this water fitness class with a family flair. Family Time in the pool with a great cardio workout. (8 and older welcome with participating adult.)

Gentle Aerobics: (Lap pool) Join the group that likes to chat as much as they like to exercise. The music of Dorsey and Goodman really keep this class moving!

Keep Moving: (Instructional pool) Exercises are designed to improve flexibility and overall fitness with minimal stress to joints. An ideal work-out for those with arthritis or as a compliment to a physical therapy program. Class instructors are certified by the national arthritis foundation.

LAP Swim: (Lap pool) 1-4 lanes available for use.

Lane etiquette: If 2 people are in a lane, 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.

Recreation Swim: Free time! Have fun! (Rec. swim)

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.*

Whirlpool...

Hours... M - F* 5:30 AM - 9:50 PM Sat. 6:00 AM - 7:50 PM Sun. 9:00 AM - 7:50 PM.

**Whirlpool closed Thursdays from 9:30 - 12:30, for cleaning.*

Please, no one under 15 in the whirlpool, unless accompanied by a responsible adult.

Summer Swim Lessons...

4 Week Sessions...

1/2 hour lessons, 2x/wk on T/Th am

1. June 22 - July 15
2. July 20 - August 12
3. August 17 - Sept 2 (3 weeks)

2 Week Sessions...

1/2 hour lessons, 4x/wk M-Th pm

1. June 21 - July 1
2. July 5 - July 15
- July 19 - July 29
4. August 2nd - 12
5. August 16-26

Rates:	Member		Community Member		Potential Member	
	4wk	3 wk	4wk	3 wk	4wk	3 wk
Group	\$25	\$19	\$38	\$29	\$50	\$38
Prnt/Child	\$10	\$8	\$12	\$9	\$15	\$11
Private	*\$60		\$70		\$80	
Semi Private	\$100		\$120		\$140	

***Private lessons are 4 weeks sessions, once a week for 1/2 hour.**



Swim Team...

Team Eugene Aquatics-YMCA is a year round competitive swim program that provide the opportunity for athletes of all abilities to achieve their potential. For information on joining, meets, practices... please see our website at www.teameugene.org.

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2055 Patterson

Eugene, OR 97405

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