



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THERAPY POOL

Central Spokane YMCA

930 N Monroe • ymcaspokane.org • 509.777.YMCA (9622)

January 8th - March 31st, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:25 Therapy Only	5:00-8:25 Therapy Only	5:00-8:25 Therapy Only	5:00-8:25 Therapy Only	5:00-8:30 Therapy Only	7:00-8:55 Therapy Only	9:00-12:00 Therapy Only
8:30-9:30 S.S.T. Participants Only	8:30-9:30 S.S.T. Participants Only	8:30-9:30 S.S.T. Participants Only	8:30-9:30 S.S.T. Participants Only	8:30-9:30 S.S.T. Participants Only	9:00-12:00 Lessons Participants Only	12:00-12:30 Safety Break Closed
9:30-10:55 Therapy Only**	9:45-10:15 Yoga	9:30-10:55 Therapy Only	9:30-10:55 Therapy Only	9:30-10:55 Therapy Only	12:00-12:30 Safety Break* Closed	12:30-3:30 Open Swim
11:00-12:30 Open Swim*	10:15-11:00 Therapy Only	11:00-12:30 Lessons/Open* 1/2 pool open	11:00-12:55 Lessons/Open* 1/2 pool open	11:00-12:55 Lessons/Open* 1/2 pool open	12:30-3:30 Open Swim	3:30-4:00 Safety Break Closed
12:30-12:55 Therapy Only	11:00-12:55 Lessons/Open* 1/2 pool open	12:30-12:55 Therapy Only	1:00-3:55 Therapy Only**	1:00-2:00 Arthritis Participants Only	3:30-4:00 Safety Break Closed	4:00-7:45 Open Swim
1:00-2:00 Arthritis Participants Only	1:00-3:55 Therapy Only	1:00-2:00 Arthritis Participants Only	4:00-6:15 Lessons/Open* 1/2 pool open	2:15-3:15 S.S.T. Participants Only	4:00-7:00 Open Swim	
2:15-3:15 S.S.T. Participants Only	4:00-6:15 Lessons/Open* 1/2 pool open	2:15-3:15 S.S.T. Participants Only	6:15-8:45 Open Swim	3:15-3:55 Therapy Only	7:00-7:30 Safety Break Closed	
3:15-3:55 Therapy Only	6:15-8:45 Open Swim	3:15-3:55 Therapy Only		4:00-6:15 Lessons/Open* 1/2 pool open	7:30-9:45 Open Swim	
4:00-6:15 Lessons/Open* 1/2 pool open		4:00-6:15 Lessons/Open* 1/2 pool open				
6:15-8:45 Open Swim		6:15-8:45 Open Swim				
8:45-9:45 1/3 Therapy Only	8:45-9:45 1/3 Therapy Only	8:45-9:45 1/3 Therapy Only	8:45-9:45 1/3 Therapy Only	6:15-9:45 Open Swim		
8:45-9:45 2/3 Open Swim	8:45-9:45 2/3 Open Swim	8:45-9:45 2/3 Open Swim	8:45-9:45 2/3 Open Swim			



* - Check with the Lead Guard or Aquatics Director for possible pool closures or reservations.

** - 1/2 Pool **Therapy Only** and 1/2 reserved during a portion of this time.

Open Swim - Part of the pool may be used for private lessons at this time. Check with the Lead Guard or Aquatics Director.

of Lap Lanes Available - The number of lanes reserved for circle-swimming exercise.

Safety Breaks - Natatorium is closed. Including Sauna / Steam Room

DROP SLIDE RULES: Patrons must be at least 48 inches tall and pass a swim test to ride the drop slide.

AGE REQUIREMENTS: Children ages 4 & under MUST be accompanied IN THE WATER by an adult (18+). Children ages 5 & 6 MUST be supervised IN THE POOL AREA by an adult 18 (18+). Ages 7 and older may swim without an adult upon successful completion of a swim test.

Spa & Sauna / Steam are only for adults 15+.

- Lower Intensity Classes -

Arthritis Water Exercise

Improve range of motion and wellness in this recreational group activity designed for people with mobility restrictions.

Aqua Yoga

Learn ways to stretch, move, and enjoy your body in the support of the warm water in the Therapy Pool. These yoga postures have been adapted for the water to soothe joint and muscle pain as well as relieve stress.

- Moderate Intensity Classes -

Strengthen Stretch and Tone (SST)

Strengthen the body, tone muscles, and challenge balance in the Therapy Pool using a variety of flotation and resistance equipment.

Aqua Core Strength

Focus on your core stability while building strength through a variety of exercises in the shallow and deep water of the Lap Pool.

- Higher Intensity Classes -

Liquid Hi & Lo

Raise your heartrate during this fun and invigorating medium-intensity cardio workout in the shallow and deep water of the Lap Pool.

Aquatic High-Intensity Interval Training (A HIIT)

Challenge yourself with a combination of swimming and calisthenics both in and out of the water. Requires the ability to swim at least one length of the lap pool and a swimsuit that can withstand getting in and out of the water rapidly and repeatedly.



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LAP POOL

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January 8th - March 31st, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:30 Lap Swim 4 Lap Lanes Available	5:00-8:55 Lap Swim 4 Lap Lanes Available	5:00-8:30 Lap Swim 4 Lap Lanes Available	5:00-8:55 Lap Swim 4 Lap Lanes Available	5:00-8:30 Lap Swim 4 Lap Lanes Available	7:00-9:00 Lap Swim 4 Lap Lanes Available	9:00-12:00 Lap Swim 4 Lap Lanes Available
8:30-10:25 Open Swim 2 Lap Lanes Available	9:00-9:45 Liquid Hi & Lo 1 Lap Lane Available	8:30-10:25 Open Swim 2 Lap Lanes Available	9:00-9:45 Aqua Core Strength 1 Lap Lane Available	8:30-10:25 Open / Drop Slide 1 Lap Lane Available	9:00-12:00 Swim Lessons 1 Lap Lane Available	12:00-12:30 Safety Break Closed
10:30-11:30 Liquid Hi & Lo 1 Lap Lane Available	9:45-11:30 Open Swim 2 Lap Lanes Available	10:30-11:30 Aqua Core Strength 1 Lap Lane Available	9:45-10:15 Aqua HIIT 1 Lap Lane Available	10:30-11:30 Liquid Hi & Lo 1 Lap Lane Available	12:00-12:30 Safety Break Closed	12:30-3:30 Open / Drop Slide 2 Lap Lanes Available
11:30-1:00 Lap Swim 4 Lap Lanes Available	11:30-1:00 Lap Swim 4 Lap Lanes Available	11:30-1:00 Lap Swim 4 Lap Lanes Available	10:15-11:30 Open Swim 2 Lap Lanes Available	11:30-1:00 Lap Swim 4 Lap Lanes Available	12:30-3:30 Open / Drop Slide 2 Lap Lanes Available	3:30-4:00 Safety Break Closed
1:00-3:55 Open Swim 2 Lap Lanes Available	1:00-3:55 Open Swim 2 Lap Lanes Available	1:00-3:55 Open Swim 2 Lap Lanes Available	11:30-1:00 Lap Swim 4 Lap Lanes Available	1:00-3:55 Open / Drop Slide 1 Lap Lane Available	3:30-4:00 Safety Break Closed	
4:00-5:30 Swim Team / Lessons 1 Lap Lane Available	4:00-5:30 Swim Team / Lessons 1 Lap Lane Available	4:00-5:30 Swim Team / Lessons 1 Lap Lane Available	1:00-3:55 Open Swim 2 Lap Lanes Available	4:00-5:30 Open 2 / Lessons 1 1 Lap Lane Available	4:00-7:00 Open / Drop Slide 2 Lap Lanes Available	
5:30-6:25 Lap Swim / Lessons 3 Lap Lanes Available	5:30-6:30 Aqua Core Strength 1 Lap Lane Available	5:30-6:25 Lap Swim / Lessons 3 Lap Lanes Available	4:00-5:30 Swim Team / Lessons 1 Lap Lane Available	5:30-6:30 Lap Swim / Lessons 3 Lap Lanes Available	7:00-7:30 Safety Break Closed	
6:30-8:30 Swim Team 2 Lap Lanes Available	6:30-7:30 Lap / Swim Team 2 Lap Lanes Available	6:30-8:30 Swim Team 2 Lap Lanes Available	5:30-6:30 Liquid Hi & Lo 1 Lap Lane Available	6:30-7:30 Open 2 / Swim Team 1 1 Lap Lane Available		
	7:30-8:15 Open 2 / Lessons 1 1 Lap Lane Available		6:30-7:30 Lap / Swim Team 2 Lap Lanes Available			
			7:30-8:15 Open 2 / Lessons 1 1 Lap Lane Available			
8:30-9:45 Open / Drop Slide 1 Lap Lane Available	8:15-9:45 Open / Drop Slide 2 Lap Lanes Available	8:30-9:45 Open / Drop Slide 1 Lap Lane Available	8:15-9:45 Open / Drop Slide 2 Lap Lanes Available	7:30-9:45 Open / Drop Slide 1 Lap Lane Available	7:30-9:45 Open / Drop Slide 2 Lap Lanes Available	4:00-7:45 Open / Drop Slide 2 Lap Lanes Available

PLAY STRUCTURE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-3:55 Open Swim Play Structure Open	9:30-3:55 Open Swim Play Structure Open	9:30-3:55 Open Swim Play Structure Open	9:30-3:55 Open Swim Play Structure Open	9:30-3:55 Open Swim Play Structure Open	12:30-3:30 Open Swim Play Structure Open	12:30-3:30 Open Swim Play Structure Open
6:15-8:00 Open Swim Play Structure Open	6:15-8:00 Open Swim Play Structure Open	6:15-8:00 Open Swim Play Structure Open	6:15-8:00 Open Swim Play Structure Open	6:15-8:00 Open Swim Play Structure Open	3:30-4:00 Safety Break Closed	3:30-4:00 Safety Break Closed
					4:00-7:00 Open Swim Play Structure Open	4:00-6:30 Open Swim Play Structure Open