



North Spokane YMCA

10727 N. Newport Hwy • ymcaspokane.org • 509.777.YMCA (9622)

January 8th - March 31st, 2018

RECREATION POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 Open Swim Water Features OFF	5:00-7:00 Open Swim Water Features OFF	5:00-6:00 Open Swim Water Features OFF	5:00-7:00 Open Swim Water Features OFF	5:00-6:00 Open Swim Water Features OFF	7:00-7:30 Open Swim Water Features OFF	9:00-12:00 Open Swim Water Features OFF
6:00-7:00 Water Exercise ◇ Limited Space for Open Swim	7:00-8:00 Arthritis ◇ Limited Space for Open Swim	6:00-7:00 Water Exercise ◇ Limited Space for Open Swim	7:00-8:00 Arthritis ◇ Limited Space for Open Swim	6:00-7:00 Water Exercise ◇ Limited Space for Open Swim	7:30-8:15 Aqua Zumba™ ◇ Limited Space for Open Swim	12:00-12:30 Safety Break • Natatorium closed
7:30-8:30 Shallow Water Ex ◇ Limited Space for Open Swim	8:00-9:00 Shallow Water Ex ◇ Limited Space for Open Swim	7:30-8:30 Shallow Water Ex ◇ Limited Space for Open Swim	8:00-9:00 Shallow Water Ex ◇ Limited Space for Open Swim	7:30-8:30 Shallow Water Ex ◇ Limited Space for Open Swim	8:15-10:00 SWIM LESSONS ONLY NO OPEN SWIM	12:30-3:30 Open Swim Water Features ON
8:30-9:30 Shallow Water Ex ◇ Limited Space for Open Swim	9:30-11:30 Swim Lessons ◇ Limited Space for Open Swim	8:30-9:30 Shallow Water Ex ◇ Limited Space for Open Swim	9:30-11:30 Swim Lessons ◇ Limited Space for Open Swim	8:30-9:30 Shallow Water Ex ◇ Limited Space for Open Swim	10:00-12:00 Swim Lessons ◇ Very Limited Space for Open Swim	3:30-4:00 Safety Break • Natatorium closed
9:30-11:30 Swim Lessons ◇ Limited Space for Open Swim	11:30-12:30 Arthritis ◇ Limited Space for Open Swim	9:30-11:30 Swim Lessons ◇ Limited Space for Open Swim	11:30-12:30 Arthritis ◇ Limited Space for Open Swim	9:30-11:30 Open Swim Water Features OFF	12:00-12:30 Safety Break • Natatorium closed	4:00-7:00 Open Swim Water Features ON
11:30-12:30 AOA ◇ Limited Space for Open Swim	12:30-4:00 Open Swim Water Features ON	11:30-12:30 AOA ◇ Limited Space for Open Swim	12:30-4:00 Open Swim Water Features ON	11:30-12:30 AOA ◇ Limited Space for Open Swim	12:30-3:30 Open Swim Water Features ON	7:00-7:45 Open Swim Water Features OFF
12:30-4:00 Open Swim Water Features ON	4:00-7:00 Swim Lessons ◇ Limited Space for Open Swim	12:30-4:00 Open Swim Water Features ON	4:00-7:00 Swim Lessons ◇ Limited Space for Open Swim	12:30-3:30 Open Swim Water Features ON	3:30-4:00 Safety Break • Natatorium closed	
4:00-7:00 Swim Lessons ◇ Limited Space for Open Swim	7:00-8:30 Open Swim Water Features ON	4:00-7:00 Swim Lessons ◇ Limited Space for Open Swim	7:00-8:30 Open Swim Water Features ON	3:30-5:30 Open Swim Water Features OFF	4:00-7:00 Open Swim Water Features ON	
7:00-8:30 Open Swim Water Features ON	8:30-9:45 Open Swim Water Features OFF	7:00-8:30 Open Swim Water Features ON	8:30-9:45 Open Swim Water Features OFF	5:30-8:30 Open Swim Water Features ON	7:00-7:30 Safety Break • Natatorium closed	
8:30-9:45 Open Swim Water Features OFF		8:30-9:45 Open Swim Water Features OFF		8:30-9:45 Open Swim Water Features OFF	7:30-8:30 Open Swim Water Features ON	
					8:30-9:45 Open Swim Water Features OFF	

AOA (Active Older Adult):

This ongoing class is specifically designed for older adults. Each class is one hour in length, beginning with a warm up and slowly moving into cardiovascular exercise, then ending with strength, toning and flexibility.

Arthritis Water Exercise:

An ongoing class designed to provide an opportunity for people with arthritis to participate in a recreational group activity that provides a positive experience in the water.

Aqua Zumba™:

Every class feels like a party! In fact, it IS a pool party! This is a workout for all ages. Come join in and you'll see what we mean. Just move your body and follow the instructors lead. It's easy! Come try it, you will have a blast!

Aqua Intervals: Get your heartrate up with this upbeat interval workout in the water!

Water Polo: Come get a great full body work out in our fun and friendly water polo class. Instructor led and great for all ability levels.

** Non-competitive **

Aquasize:

This ongoing class uses specifically designed equipment that allows you to exercise with all joints and muscles submerged, reducing the effects of impact. Through buoyancy and resistance, this class will help you tone, strengthen, build endurance and increase flexibility.

Golden Waves! Come try dancing in the water! This class combines a choreographed dance routine with stretching and muscle endurance to give you a complete workout in the pool!

Running Rapids:

Walking or running with and against the current in the Lazy River is an excellent way to tone your muscles and increase stamina.

Shallow Water Exercise:

This Water Exercise class is done in shallow water. The high intensity workout uses water to cushion feet, knees and back. There is an emphasis on cardiovascular conditioning

Legend & Important Notes:

◇ = Open swim with limited space available. Part of the pool scheduled with classes and/or lessons.

● = Safety Break/Natatorium Closed. Aquatics areas are closed to all participants. This includes the Spa, Saunas, and Pool Deck.

1 Lap Lane Available = 1 lap lane available for lap swim

Age Requirement: Children ages 4 and under MUST be accompanied by an adult 18 years of age or older IN THE WATER at all times. Children ages 5 & 6 must be supervised by an adult 18 years of age or older IN THE POOL AREA. Ages 7 and older may swim without an adult if able to pass a facility swim test.

Lifeguards reserve the right to swim test anyone seen as a non-swimmer before allowing them to enter water deeper than their armpits. This includes individuals utilizing floatation devices.

Schedule subject to change at any time.

** Water shoes are recommended, but not required for water exercise classes. Water shoes help with traction and protect feet while exercising.**



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January 8th - March 31st, 2018

LAP POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:30 Lap Swim 6 Lap Lanes Available	5:00-8:00 Lap Swim 6 Lap Lanes Available	5:00-7:30 Lap Swim 6 Lap Lanes Available	5:00-8:00 Lap Swim 6 Lap Lanes Available	5:00-7:30 Lap Swim 6 Lap Lanes Available	7:00-9:00 Lap Swim 6 Lap Lanes Available	9:00-12:00 Lap Swim 6 Lap Lanes Available
7:30-8:30 Water Ex/Lap Swim 4 Lap Lanes Available	8:00-9:00 Aquasize/Lap Swim 3 Lap Lanes Available	7:30-8:30 Water Ex/Lap Swim 4 Lap Lanes Available	8:00-9:00 Aquasize/Lap Swim 3 Lap Lanes Available	7:30-8:30 Water Ex/Lap Swim 4 Lap Lanes Available	8:15- SAS / Lap Swim 3 Lap Lanes Available	12:00-12:30 Safety Break • Natatorium closed
8:30-9:30 Aquasize/Lap Swim 3 Lap Lanes Available	9:00-12:30 Lap Swim 5 Lap Lanes Available	8:30-9:30 Aquasize/Lap Swim 3 Lap Lanes Available	9:00-12:30 Lap Swim 5 Lap Lanes Available	8:30-9:30 Water Ex-Water Polo 3 Lap Lanes Available	9:00-12:00 Lessons/SAS/Lap 2 Lap Lanes Available	12:30-3:30 Lap/Open Swim 5 Lap Lanes Available
9:30-12:30 Lap Swim 5 Lap Lanes Available	12:30-3:30 Lap / Open Swim 4 Lap Lanes Available	9:30-12:30 Lap Swim 5 Lap Lanes Available	12:30-3:30 Lap / Open Swim 4 Lap Lanes Available	9:30-10:15 Lessons / Lap Swim 5 Lap Lanes Available	12:00-12:30 Safety Break • Natatorium closed	3:30-4:00 Safety Break • Natatorium closed
12:30-3:15 Lap / Open Swim 4 Lap Lanes Available	3:30-5:15 SAS / Lap Swim 3 Lap Lanes Available	12:30-3:15 Lap / Open Swim 4 Lap Lanes Available	3:30-5:15 SAS / Lap Swim 3 Lap Lanes Available	10:15-12:30 Lap Swim 5 Lap Lanes Available	12:30-3:30 Lap / Open Swim 4 Lap Lanes Available	4:00-7:45 Lap/Open Swim 5 Lap Lanes Available
3:15-4:45 SAS / Lap Swim 3 Lap Lanes Available	5:15-5:30 Lessons/SAS/Lap 2 Lap Lanes Available	3:15-4:45 SAS / Lap Swim 3 Lap Lanes Available	5:15-5:30 Lessons/SAS/Lap 2 Lap Lanes Available	12:30-4:00 Lap / Open Swim 4 Lap Lanes Available	3:30-4:00 Safety Break • Natatorium closed	
4:45-7:00 Lessons/SAS/Lap 2 Lap Lanes Available	5:30-6:30 NST/ Lessons/Lap 2 Lap Lanes Available	4:45-7:00 Lessons/SAS/Lap 2 Lap Lanes Available	5:30-6:30 NST/ Lessons/Lap 2 Lap Lanes Available	4:00-5:30 SAS / Lap Swim 3 Lap Lanes Available	4:00-7:00 Lap/Open Swim 4 Lap Lanes Available	
7:00-8:00 SAS/Lifeguard/Lap 2 Lap Lanes Available	6:30-8:00 SAS / Lap Swim 3 Lap Lanes Available	7:00-8:00 SAS/Lifeguard/Lap 2 Lap Lanes Available	6:30-8:00 SAS / Lap Swim 3 Lap Lanes Available	5:30-6:30 Lessons/SAS/Lap 3 Lap Lanes Available	7:00-7:30 Safety Break • Natatorium closed	
8:00-9:45 Lap / Open Swim 5 Lap Lanes Available	8:00-9:45 Lap / Open Swim 5 Lap Lanes Available	8:00-9:45 Lap / Open Swim 5 Lap Lanes Available	8:00-9:45 Lap / Open Swim 5 Lap Lanes Available	6:30-9:45 Lap / Open Swim 5 Lap Lanes Available	7:30-9:45 Lap/Open Swim 5 Lap Lanes Available	

Lazy River

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:15 Adults Only Water Features OFF	5:00-9:15 Adults Only Water Features OFF	5:00-7:15 Adults Only Water Features OFF	5:00-9:15 Adults Only Water Features OFF	5:00-7:15 Adults Only Water Features OFF	7:00-10:00 Adults Only Water Features OFF	9:00-12:00 Adults Only Water Features OFF
7:15-8:15 Running Rapids Water Exercise Class Only	9:15-10:15 Running Rapids Water Exercise Class Only	7:15-8:15 Running Rapids Water Exercise Class Only	9:15-10:15 Running Rapids Water Exercise Class Only	7:15-8:15 Running Rapids Water Exercise Class Only	10:00-12:00 Open Swim Water Features OFF - No Tubes	12:00-12:30 Safety Break • Natatorium closed
8:15-11:00 Adults Only Water Features OFF	10:15-11:00 Adults Only Water Features OFF	8:15-11:00 Adults Only Water Features OFF	10:15-11:00 Adults Only Water Features OFF	8:15-11:00 Adults Only Water Features OFF	12:00-12:30 Safety Break • Natatorium closed	12:30-3:30 Open Swim Water Features ON - Tubes
11:00-12:30 Open Swim Water Features OFF - No Tubes	11:00-12:30 Open Swim Water Features OFF - No Tubes	11:00-12:30 Open Swim Water Features OFF - No Tubes	11:00-12:30 Open Swim Water Features OFF - No Tubes	11:00-12:30 Open Swim Water Features OFF - No Tubes	12:30-3:30 Open Swim Water Features ON - Tubes	3:30-4:00 Safety Break • Natatorium closed
12:30-4:00 Open Swim Water Features ON - Tubes	12:30-4:00 Open Swim Water Features ON - Tubes	12:30-4:00 Open Swim Water Features ON - Tubes	12:30-4:00 Open Swim Water Features ON - Tubes	12:30-3:30 Open Swim Water Features ON - Tubes	3:30-4:00 Safety Break • Natatorium closed	4:00-7:00 Open Swim Water Features ON - Tubes
4:00-7:00 Open Swim Water Features OFF - No Tubes	4:00-5:30 Open Swim Water Features OFF - No Tubes	4:00-7:00 Open Swim Water Features OFF - No Tubes	4:00-5:30 Open Swim Water Features OFF - No Tubes	3:30-5:30 Open Swim Water Features OFF - No Tubes	4:00-7:00 Open Swim Water Features ON - Tubes	7:00-7:45 Adults Only Water Features OFF
7:00-8:30 Open Swim Water Features ON - Tubes	5:30-6:30 Running Rapids Water Exercise Class Only	7:00-8:30 Open Swim Water Features ON - Tubes	5:30-6:30 Running Rapids Water Exercise Class Only	5:30-8:30 Open Swim Water Features ON - Tubes	7:00-7:30 Safety Break • Natatorium closed	
8:30-9:45 Adults Only Water Features OFF	6:30-8:30 Open Swim Water Features ON - Tubes	8:30-9:45 Adults Only Water Features OFF	6:30-8:30 Open Swim Water Features ON - Tubes	8:30-9:45 Adults Only Water Features OFF	7:30-8:30 Open Swim Water Features ON - Tubes	
	8:30-9:45 Adults Only Water Features OFF		8:30-9:45 Adults Only Water Features OFF		8:30-9:45 Adults Only Water Features OFF	

Patrons must be 8 years old and at least 48 inches tall or pass a swim test to use the Lazy River unassisted.

