



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

**AQUATICS SCHEDULE  
BLOOMINGTON-NORMAL YMCA**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fall/Winter/Spring Pool Schedule 2011-12</b>	5:30-8:00 Lap Swim (all lanes)	5:30-8:15 Lap Swim (all lanes)	5:30-8:00 Lap Swim (all lanes)	5:30-8:15 Lap Swim (all lanes)	5:30-8:15 Lap Swim (all lanes)	7:00-8:00 Lap Swim (all lanes)	11:00-1:00 Lap Swim (all lanes)
Nov. 1, 2011- May 31, 2012	8:00-9:00 Senior H2O Lap Swim (2 lanes)	8:15-9:15 Water Exercise Lap Swim (2 lanes)	8:00-9:00 Senior H2O Lap Swim (2 lanes)	8:15-9:15 Water Exercise Lap Swim (2 lanes)	8:15-9:15 Water Exercise Lap Swim (2 lanes)	8:00-9:00 Deep Water Exer Lap Swim (2 lanes)	1:00-5:45 Open Swim Lap Swim (2 lanes)
<b>Pool Schedule is subject to change</b>							
Lap Lane Swimmers need to swim horizontally in a progressive manner.	9:00-10:00 Arthritis (deep end Available)	9:15-10:30 Swim Lessons Lap Swim (2 lanes)	9:00-10:00 Arthritis (deep end Available)	9:15-10:30 Swim Lessons Lap Swim (2 lanes)	9:00-10:00 Arthritis (deep end Available)	9:00-11:30 Swim lessons Lap Swim (2 lanes)	Swim meets Pool closed 11am-4pm Sept. 11 Jan. 8 May 6
Lap Lane Swim during Waves practices is available to non-competitive and adult fitness swimmers.	10:00-10:45 Aquacize (deep end available)	10:30-11:30 Senior H2O Exer. Lap Swim (2 lanes)	10:00-10:45 Aquacize (deep end available)	10:30-11:30 Senior H2O Exer. Lap Swim (2 lanes)	10:00-10:45 Aquacize (deep end available)	11:30-12:30 Swim Team Lap Swim (1 lane)	
	11:00-12:30 Lap Swim (all lanes)	11:30-12:00 Lap Swim	10:45-12:30 Lap Swim (all lanes)	11:30-12:00 Lap Swim	11:00-1:15 Lap Swim (all lanes)	12:30-2:30 Swim Team (no lap lanes)	
	12:30-4:00 Open Swim Lap Swim (2 lanes)	12:00-12:45 Aqua Zumba Lap Swim (2 lanes)	12:30-3:15 Swim Lessons Lap Swim (1 lane)	12:00-12:45 Aqua Zumba Lap Swim (2 lanes)	1:15-3:15 Swim Lessons (no lap lanes)	2:30-5:45 Open Swim Lap Swim (2 lanes)	
	4:00-6:00 Swim Team Lap Swim (1 lane)	1:00-4:00 Open Swim Lap Swim (2 lanes)	3:15-4:00 Open Swim Lap Swim (2 lanes)	1:00-4:00 Open Swim Lap Swim (2 lanes)	3:15-4:00 Open Swim Lap Swim (2 lanes)	Swim meets Pool closed 11am-6pm Oct. 1 Nov. 12 Jan. 28	
	6:00-7:00 Swim Team Lap Swim (1 lane)	4:00-5:30 Swim Team Lap Swim (1 lane)	4:00-7:00 Swim Team Lap Swim (1 lane)	4:00-5:30 Swim Team Lap Swim (1 lane)	4:00-7:00 Swim Team Lap Swim (1 lane)		
	7:00-8:45 Open Swim Lap Swim (2 lanes)	5:30-6:00 Swim lessons Lap Swim (1 lane)	7:00-8:00 Swim team (3 lanes)	5:30-6:00 Swim lessons Lap Swim (1 lane)	7:00-8:45 Open Swim Lap Swim (2 lanes)		
		6:00-7:00 Swim Lessons Deep Water Exer (no lap lanes)	7:00-8:00 Lap Swim (1 lanes) Open Swim	6:00-7:00 Swim Lessons Deep Water Exer (no lap lanes)			
		7:00-7:30 Swim Lessons Lap Swim (2 lanes)	8:00-8:45 Open Swim Lap Swim (2 lanes)	7:00-7:30 Swim Lessons Lap Swim (2 lanes)			
		7:30-8:45 Open Swim Lap Swim (2 lanes)		7:30-8:45 Open Swim Lap Swim (2 lanes)			

**BLOOMINGTON-NORMAL YMCA**  
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# WATER EXERCISE CLASSES

BLOOMINGTON-NORMAL YMCA

## Arthritis Exercise

- Instructors lead participants through a series of specially designed exercises. Shallow water exercises are performed within the first 45 minutes of class. Deep water exercises take place within the last 15 minutes of class. ***The deep water exercises in this class can be performed in the shallow end of the pool. You do not need to know how to swim.***
  - Monday, Wednesday & Friday 9:00-10:00 a.m.

## Deep Water Exercise

- With the use of water resistance, this class promotes cardio fitness, strength and flexibility. Instructional equipment is used. Excellent class for people rehabilitating joint, muscle and back injuries.
  - Tuesday & Thursday 6:00-7:00 p.m.
  - Saturday 8:00-9:00 a.m.

## Water Exercise

- A fun and low impact class that stresses cardio movements that strengthen the heart and muscles through water resistance. Some exercises are performed in the deep end of the pool.
  - Tuesday, Thursday & Friday 8:15-9:15 a.m.

## Senior h2o Exercise

- This class is suited best for seniors. It stresses on increasing range of movement and cardio conditioning. This class included the use of a kickboard to develop better coordination, strength and balance. ***All exercises are done in the shallow end of the pool. You do not need to know how to swim.***
  - Monday & Wednesday 8:00-9:00 a.m.
  - Tuesday & Thursday 10:30-11:30 a.m.

## Aquacize

- This class is a medium to high intensity cardio workout that will build your strength, endurance and flexibility all while toning your body in a low impact environment. Set to high energy music this class will give you a great full-body workout. ***All exercises are done in the shallow end of the pool. You do not need to know how to swim.***
  - Monday, Wednesday & Friday 10:00-10:45 a.m.

## AquaZumba

- Incorporates dance and fitness moves in a shallow water fitness class. Muscle endurance and strength, cardiovascular endurance and muscle flexibility are incorporated offering a low impact on joints and bones. Accompanied by fun, upbeat music AquaZumba makes exercise a party. ***All exercises are done in the shallow end of the pool. You do not need to know how to swim.***
  - Tuesday & Thursday 12:00-12:45 p.m.