

AQUATIC CLASS DESCRIPTIONS

WATER AEROBIC CLASSES (ages 14 and over)

Active Older Adults (Low Intensity)

Spend some time with other **Active Older Adults (AOA)** in the YMCA indoor heated pool. Stay fit while enjoying time with friends and family. Water exercise is a great way to get a good workout without stress on your joints.

Arthritis (Low Intensity)

This program is recommended for people with all forms of arthritis, regardless of the severity. It is a single-joint exercise program done in shoulder deep (or less) water. The stairs and lift are available.

Water Aerobics (High & Low Intensity)

Take your pick! The high intensity class is designed to really work you out! This class is highly effective for toning and as an aerobic workout – a great alternative to land exercise! The low intensity class is based on the same principles as the high intensity class, just at an easier pace to follow, and not as intense - recommended for injury prevention and recovery.

Aqua-Zumba (High Intensity) Registration Required

Zumba is designed for everyone of every shape and fitness level! Anyone can start a Zumba class and have fun. This program is not limited to dancers, fitness fanatics or seniors. All exercisers from beginner to advanced will enjoy the benefits of an Aqua-Zumba class. In Aqua-Zumba it is ideal that the water is at chest level when standing. Keep in mind that our shallow end of the pool is 3-4 ft. deep

SWIM TEAM (ages 6 and over) **Registration Required**

The Yakima YMCA Swim Team (YYST) is a year-round USA Swimming affiliate, swim team. We teach the fundamentals of all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle) as well as all starts and turns.

RECREATIONAL SWIMS (All ages)

Open Swims/Youth Swims

This is a time when children of all ages can come and enjoy some swimming fun at the YMCA's indoor heated pool. Children who can not swim, or touch the bottom, must be accompanied by an adult. The evening and weekend sessions also include the use of our slide for every swimmer deemed able by our lifeguards. **Stamp required!**

Family Fridays

This is a time when children of all ages and their families can come and enjoy some swimming fun at the YMCA's indoor heated pool. Children 17 and under must be accompanied by their parent/guardian to attend the family swim. This session also includes the use of our slide for swimmers who have passed the swim test.

Spend some "quality time" with your children and build memories that will last a lifetime! **Stamp required!**

LAP SWIM/WATER WALKING (ages 14 and up)

Lane availability depends on the time of day – be sure to check the schedule. Our facility uses a circle swim method for lap swimmers when more than two swimmers occupy a lane. Swimmers are also encouraged to swim in lanes with other swimmers of the same comparable speeds.

Moonlight Lap Swim: A relaxing evening swim with the overhead lights off and the pool lights on creating a tropical moonlight swim! A perfect way to end your evening! *(indicates how many lap swim lanes are available).

ADULT MASTERS SWIM PROGRAM (ages 18 and up) **Registration Required**

This program is designed for adult swimmers who already know how to swim. It is not a swim lesson class. The intention is to improve stroke technique to make you more efficient in the water; provide structured workouts; the option to train for triathlons; the option to train for competitions; and to offer motivation and encouragement to help you through those hard workouts.

SWIM LESSONS (ages 6 months and up) **Registration Required**

Please refer to our flyer for Parent/Child (6 months to 3 years), Pre-school (3 to 5 years), Youth (6 & up), Private or Semi-Private for children, and Adult Semi-Private lessons that are available throughout the year. Our instructors use a guided-discovery teaching approach in a positive, caring environment in our indoor heated pool.

BIRTHDAY PARTIES

Want to throw a Swim/Birthday Party without any of the mess to clean up later? Then come on down to the YMCA and have access to the pool (and slide), party room, bouncy house toys, and more if you desire! Just refer to our flyer for more information, or simply call the YMCA at 248-1202