



YMCA of Twin Falls Aquatic Program Schedule

Spring 2012

Y/City Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Lap Swim (5:30-12pm)	Lap Swim (5:30-12pm)	Lap Swim (5:30-12pm)	Lap Swim (5:30-12pm)	Lap Swim (5:30-12pm)	
7:00am						Lap Swim (7-12pm)
8:30am	Instructor's Choice	Instructor's Choice	Instructor's Choice	Instructor's Choice	Instructor's Choice	
9:00am	Arthritis Water Fitness		Arthritis Water Fitness		Arthritis Water Fitness	
9:30am		Arthritis Water Fitness		Arthritis Water Fitness		
10:15am						3rd Grade Swim Program
11:15am						* Swim Lessons/ * Water Babies
12:00pm						Open Swim (12 - 5pm)
1:00pm						Iceberg Invasion (1 - 4:30pm)
2:00pm	Open Swim (2-4pm) <small>NEW</small>	Open Swim (2-4pm) <small>NEW</small>	Open Swim (2-4pm) <small>NEW</small>	Open Swim (2-4pm) <small>NEW</small>	Open Swim (2-4pm) <small>NEW</small>	
4:15pm	Aqua Circuit <small>NEW</small>	Aqua Blast <small>NEW</small>	Aqua Circuit <small>NEW</small>	Aqua Blast <small>NEW</small>	Aqua Circuit <small>NEW</small>	
	* Swim Lessons	3rd Grade Swim Program	* Swim Lessons	3rd Grade Swim Program		
5:15pm	Aqua Tone	Shallow Water Fitness	Aqua Tone	Shallow Water Fitness	Aqua Tone	
	* Elite Swim Lessons	* Swim Lessons/ Swim School	* Elite Swim Lessons	* Swim Lessons/ Swim School		
6:00pm	Open Swim (6-8pm)	Open Swim (6-8pm)	Open Swim (6-8pm)	Open Swim (6-8pm)	Open Swim (6-8pm)	
6:15pm	Aqua Boot Camp <small>NEW</small>	Aqua Dance <small>NEW</small>	Aqua Boot Camp <small>NEW</small>	Aqua Dance <small>NEW</small>		Sunday Open Swim (12 - 5pm)
	* Manta Ray (6:30pm)		* Manta Ray (6:30pm)			

Elizabeth Blvd. YMCA

7:00am	Lap Swim		Lap Swim		Lap Swim	
8:00am	Senior Splash <small>NEW</small>		Senior Splash <small>NEW</small>		Senior Splash <small>NEW</small>	
11:00am	Lap Swim (11-2pm)	Lap Swim (11-2pm)	Lap Swim (11-2pm)	Lap Swim (11-2pm)	Lap Swim (11-2pm)	
1:00pm						Lap Swim (1-3:30pm)
4:00pm	Open Swim (2 Lanes)	Open Swim (2 Lanes)	Open Swim (2 Lanes)	Open Swim (2 Lanes)		
4:15pm	Splash Games <small>NEW</small>	Splash Games <small>NEW</small>	Splash Games <small>NEW</small>	Splash Games <small>NEW</small>		
5:00pm	Lap Swim (5-6pm)	Lap Swim (5-6pm)	Lap Swim (5-6pm)	Lap Swim (5-6pm)	Lap Swim (5-6pm)	
6:00pm	Open Swim (2 Lanes)	Open Swim (2 Lanes)	Open Swim (2 Lanes)	Open Swim (2 Lanes)		
6:15pm	Splash Games <small>NEW</small>	Splash Games <small>NEW</small>	Splash Games <small>NEW</small>	Splash Games <small>NEW</small>		
7:00pm	Shallow Water Fitness		Shallow Water Fitness	Shallow Water Fitness		

Members must be 12 or older to participate in water fitness classes.
Programs with a * require a separate registration fee. See Fun Activities/Swim Lessons Flyer for more information.

Type of Program
BLUE: Fun Activities RED: Swim Instruction
GREEN: Swim Options PURPLE: Water Fitness

YMCA Aquatic Program Descriptions

WATER FITNESS CLASSES

NEW Aqua Blast is a rapid fat burning class that uses innovative routines featuring flowing movements, jumps, kicks assisted by buoys, noodles and gloves to tone and strengthen your body.

NEW Aqua Boot Camp is a high speed cardio class guaranteed to get one's heart beat up. It does not matter if you are beginning or advanced, the exercises allow for anyone to meet their pace goal.

NEW Aqua Circuit is a full-body workout class that alternates cardiovascular and strength-training through a series of drills and exercises. Participants will be able to improve their strength and increase their muscular and cardiovascular endurance.

NEW Version Aqua Dance mixes the moves of Aqua-Tone with different dance moves that have been modified for the water. Aqua Dance will add a little flavor to anyone's workout routine.

Aqua-Tone has participants performing traditional water aerobic routines mixed with aqua kickboxing moves. The exercises learned in this class will tone and strengthen the entire body as well as increase one's heart rate.

Arthritis Water Fitness is designed to help those individuals with Arthritis maximize their water aerobic workout. Participants will take part in exercises that will help improve joint flexibility.

Instructor's Choice gives a taste of all the different water fitness classes that are taught and some things that are not taught in any other class.

NEW Senior Splash is a low-impact, slow paced class that is designed for seniors. Participants will have fun exercising to the music and socializing at the same time.

Shallow Water Fitness is a low-impact workout, but maintains the intensity of land aerobic classes. The different drills use resistance equipment, such as noodles and dumbbells, to work the legs, knees and arms.

SWIM INSTRUCTION

NEW 3rd Grade Swim Program is a **FREE** swim instruction program for all 3rd grade students in the Twin Falls area. Kids will learn water safety so that they can have fun, but be safe in and around the water.

Elite Swim Lessons allow children to get more personal attention and practice because all classes have a 1 instructor to 3 participant ratio. 3 – 16 years of age.

Manta Ray Swim League allows swimmers to get the opportunity to be in a team environment where they will compete against other children from Twin Falls in the four competitive swim strokes. 6 – 17 years of age.

Swim Lessons will teach kids basic swim skills such as floating, kicking and proper breathing to more advanced skills such as front crawl, back crawl, dolphin kick and elementary backstroke.

Swim School emphasizes endurance swimming, stroke improvement, and proper swim etiquette. Participants must be able to perform front crawl, back crawl, breaststroke, and dolphin kick. 6 – 16 years of age.

Water Babies is an introduction to the aquatic environment for children 6 months – 3 years of age. Children will become more comfortable in the water by learning a variety of different aquatic skills.

Please contact the Y/City Pool or visit our website at ymcatf.com for more information.

FUN ACTIVITIES

IT'S BACK!!! Iceberg Invasion is like nothing else in the Magic Valley. The ICEBERG allows patrons to climb 14ft and slide all the way to the bottom. Kids under 14 must be able to pass the swim test.

NEW Splash Games is supervised fun & games. Kids will have fun playing different water games, which include sharks & minnows, underwater tag, underwater hockey, inner-tube water polo and many more!!!

SWIM OPTIONS

Lap/Exercise Swim is scheduled swim time for members to use the pool for lap swim and other aquatic exercises.

MORE TIMES Open Swim is scheduled swim time for patrons to use the pool for a variety of different activities. 4 lanes are set up on Saturdays from 12:00-1:00pm & Sundays from 12:00-5:00pm.

LOCATIONS

Y/City Pool: 756 Locust St. N., 733-4384 ext. 4

Elizabeth Blvd. YMCA: 1751 Elizabeth Blvd., 733-4384