



# GRAND RIVER AREA FAMILY YMCA Pool and Water Aerobics Schedule January 2 - February 28

**Class times and pool hours are subject to change!**

| TIME          | MONDAY | TUESDAY          | WEDNESDAY | THURSDAY         | FRIDAY | SATURDAY    | SUNDAY      |
|---------------|--------|------------------|-----------|------------------|--------|-------------|-------------|
| 6:00 - 7:00   | AL     | AL               | AL        | AL               | AL     | X           | X           |
| 7:00 - 8:30   | AL     | AL               | AL        | AL               | AL     | AL          | X           |
| 8:30 - 9:30   | AA     | AL<br>VB 8:30-10 | AA        | AL<br>VB 8:30-10 | AA     | SL/AL       | X           |
| 9:30 - 10:30  | ADV    | AL               | ADV       | AL               | ADV    | SL/AL       | X           |
| 10:30 - 11:30 | RH     | SL/AL            | RH        | SL/AL            | RH     | SL/AL       | X           |
| 11:30 - 12:30 | AL     | SL/AL            | AL        | SL/AL            | AL     | SL/AL       | X           |
| 12:30 - 2:00  | O/AL   | O/AL             | O/AL      | O/AL             | O/AL   | O/AL        | Opens at 1  |
| 2:00 - 3:30   | X      | X                | X         | X                | X      | O/AL        | O/AL        |
| 3:30 - 4:30   | AL     | SL/ST            | AL        | SL/ST            | O/AL   | O/AL        | O/AL        |
| 4:30 - 5:30   | AL     | SL/ST            | AL        | SL/ST            | O/AL   | O/AL        | Closes at 5 |
| 5:30 - 6:30   | ADV/AL | AL               | ADV/AL    | AL               | ADV/AL | Closes at 6 | X           |
| 6:30 - 8:00   | O/AL   | O/AL             | O/AL      | O/AL             | O/AL   | X           | X           |
| 8:00 - 9:00   | O/AL   | O/AL             | O/AL      | O/AL             | X      | X           | X           |

Adult Lap swim is for adults only and is restricted to continuous movement from one end of the pool to the other. Due to aquatic programming, only one or two lap lanes will be available at any time.

|    |           |     |                        |    |              |    |             |   |        |
|----|-----------|-----|------------------------|----|--------------|----|-------------|---|--------|
| O  | Open Swim | AA  | Aqua Aerobics          | RH | Rusty Hinges | ST | Swim Team   | X | Closed |
| AL | Adult Lap | ADV | Advanced Aqua Aerobics | SL | Swim Lessons | VB | Volley Ball |   |        |

**Water Aerobics cards are \$36 for members and \$72 for program participants. They are good for 24 classes and expire one year from the purchase date.**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUST ADD WATER

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## **Aqua Aerobics (Instructors - Alyona Trantham)**

A fun energizing workout that delivers a total body workout for both men and women. About 50% less impact than land classes and burns about the same amount of calories.

## **Advanced Aqua Aerobics (Certified Instructor - Alyona Trantham)**

Complete body workout with weights, stretch bands, balls, web gloves and dumbbells. Come join this fun high-energy workout!

## **Rusty Hinges (Instructors - Alyona Trantham)**

A low intensity, low impact, water class designed to improve strength, flexibility and to promote a general sense of well being.

## **Water Volleyball**

Join us for some friendly, co-ed competition! It's fun and it's free!

## **Professional Rescue Training**

Lifeguarding and CPR are offered every month. Please speak with Susan Davis, Aquatics Director, or ask at the Welcome Center for details.



## **Pool Rules**

- Children ages 0-7 must be supervised by an adult while in the pool area.
- Children under the age of 18 are not allowed in the hot tub or sauna.
- Please obey the lifeguards on duty. They are here to maintain a safe aquatic environment for everyone.
- Food and drink, running, diving, yelling, cursing, and rough play are not allowed in the pool area.

To receive txt alerts concerning pool schedule reminders, changes, and updates, please txt **@grypool** to **81010**.