

GRAND RIVER AREA FAMILY YMCA



Pool and Water Aerobics Schedule January 2 - February 10

Class times and pool hours are subject to change!

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.

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 VB 8:30-10 SL 9-11	AA	AL VB 8:30-10 SL 9-11	AA	AL SL 9-11	X
9:30 - 10:30	ADV	AL	ADV	AL	ADV	AL	X
10:30 - 11:30	RH	AL	RH	AL	RH	AL	X
11:15 - 12:15	AL begins at 11:30	AC/AL	AL begins at 11:30	AC/AL	AL begins at 11:30	AL	x
11:30 - 12:30	AL	AL	AL	AL	AL	AL	X
12:30 - 2:00	O/AL	O/AL	O/AL	O/AL	O/AL	O/AL	Open at 1
2:00 - 3:30	X	X	X	X	X	O/AL	O/AL
3:30 - 4:30	AL	SL/AL	AL	SL/AL	AL	O/AL	O/AL
4:30 - 5:30	AL	SL/AL	AL	SL/AL	AL	O/AL	Close at 5
5:30 - 6:30	ADV/AL	AL	ADV/AL	AL	ADV/AL	O/AL	X
6:30 - 8:00	O/AL	O/AL	O/AL	O/AL	O/AL	Close at 7	X
8:00 - 9:00	O/AL	O/AL	O/AL	O/AL	X	X	X

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

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.

JUST ADD WATER

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.

Aqua Aerobics (Certified Instructor - 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 (Certified Instructor - Alyona Trantham)

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

Aqua Core (Certified Instructor - Holly Casleman)

Strengthen your core with this fun new class filled with a variety of exercises designed specifically to target your back and abdominal muscles.

Water Volleyball

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



Pool Rules

- Children under the age of 8 (0-7 years) must have a responsible adult in the water within arm's length at all times. They must wear a purple swimming bracelet, and they must stay in the shallow (East) end of the pool.
- In order to use the deep (West) end of the pool, children under the age of 15 must pass a swim test and wear a green swimming bracelet at all times.
- 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**.