



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A SPLASH



GRAND RIVER AREA FAMILY YMCA Pool and Water Aerobics Schedule February 12 - March 31

Open Swim

Monday - Thursday	12:30 pm - 2:00 pm 6:30 pm - 9:00 pm
Friday	12:30 pm - 2:00 pm 6:30 pm - 8:00 pm
Saturday	11:00 am - 6:00 pm
Sunday	1:00 pm - 5:00 pm

Adult Lap Swim

Monday & Wednesday	6:00 am - 8:30 am 11:30 am - 2:00 pm 3:30 pm - 9:00 pm
Tuesday & Thursday	6:00 am - 2:00 pm 3:30 pm - 9:00 pm
Friday	6:00 am - 8:30 am 11:30 am - 2:00 pm 3:30 pm - 8:00 pm
Saturday	7:00 am - 6:00 pm
Sunday	1:00 pm - 5:00 pm

Water Volleyball

Tuesday & Thursday	8:30 am - 10:00 am
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Aqua Aerobics

Aqua Aerobics M/W/F 8:30 am - 9:30 am
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.

Certified Instructor: Alyona Trantham

Adv. Aerobics M/W/F 9:30 am - 10:30 am
5:30 pm - 6:30 pm

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

Certified Instructor: Alyona Trantham

Rusty Hinges M/W/F 10:30 am - 11:30 am
A low intensity, low impact, water class designed to improve strength, flexibility and to promote a general sense of well being.

Certified Instructor: Alyona Trantham

Aqua Core T/TH 11:15 am - 12:15 pm
Strengthen your core with this fun new class filled with a variety of exercises designed specifically to target your back and abdominal muscles.

Certified Instructor: Holly Casleman

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.

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 life-guard distributed 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.

Easter Egg Dive (Members Only)

Date: Thursday, March 29, 2018 **Time:** 6:00 - 7:00 pm

The YMCA invites all our young members (ages 0-10) to an "eggs"iting Easter event. Come jump, dive, float, and splash for tons of fun filled Easter eggs. This free family event is open to YMCA members only. We'll have a great time hunting eggs in age specific heats followed by prizes, snacks, and swimming. Please register at the Welcome Center by Monday, March 26.



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