



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE A SPLASH



## GRAND RIVER AREA FAMILY YMCA Pool Schedule June 25 - July 28

Multiple activities are often scheduled in the pool at the same time.  
Please **RESPECT** everyone's scheduled programs.

### Open Swim

<b>Monday - Thursday</b>	<b>1:00 pm - 4:00 pm</b> <b>6:30 pm - 9:00 pm</b>
<b>Friday</b>	<b>1:00 pm - 8:00 pm</b>
<b>Saturday</b>	<b>11:00 am - 4:00 pm</b>
<b>Sunday</b>	<b>Closed</b>

### Adult Lap Swim

<b>Monday &amp; Wednesday</b>	<b>6:00 am - 8:30 am</b> <b>11:30 am - 9:00 pm</b>
<b>Tuesday &amp; Thursday</b>	<b>6:00 am - 9:00 pm</b>
<b>Friday</b>	<b>6:00 am - 8:30 am</b> <b>11:30 am - 8:00 pm</b>
<b>Saturday</b>	<b>7:00 am - 4:00 pm</b>
<b>Sunday</b>	<b>Closed</b>

### Water Volleyball

<b>Tuesday &amp; Thursday</b>	<b>8:30 am - 10:00 am</b>
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### Aqua Aerobics

**Certified Instructor: Alyona Trantham**

<b>Basic Aerobics</b>	<b>M/W/F</b>	<b>8:30 am - 9:30 am</b>
Introduce your body to fitness with half the impact of working out on land. Come splash with us!		
<b>Adv. Aerobics</b>	<b>M/W/F</b>	<b>9:30 am - 10:30 am</b>
	<b>M/W</b>	<b>5:30 pm - 6:30 pm</b>

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

<b>Rusty Hinges</b>	<b>M/W/F</b>	<b>10:30 am - 11:30 am</b>
Intended to promote a general sense of well-being, this low intensity, low impact class is designed to improve strength and flexibility.		

### Aerial Angels Conditioning

<b>Levels 4 &amp; 5</b>	<b>M</b>	<b>7:15 - 8:00 pm</b>
<b>Excels</b>	<b>T</b>	<b>10:15 - 11:00 am</b>
<b>Levels 2 &amp; 3</b>	<b>Th</b>	<b>10:15 - 11:00 am</b>

**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.**

# New this July!

## WaterinMotion®

**Certified Instructors:** Carly Carlton, Skylar Mullikin, and Alyona Trantham

**WaterinMotion®** is the premier aquatic exercise program sweeping the nation. This dynamic cardiovascular workout tightens and tones the entire body. With land equivalent intensity, fantastic quality music, and dynamic instructors, **WaterinMotion®** offers the benefit of a high energy workout without the pull that gravity plays on the body. If you are a land-based exerciser wanting to cross train, someone looking to start a fitness program after an injury, or anyone looking for a fun, calorie torching workout, **WaterinMotion®** is the program for you!

**Monday and Wednesday**

**4:00 - 5:00 pm**

**Tuesday and Thursday**

**10:30 - 11:30 am**

Fee: \$25 Members / \$50 Program Participant (Per 4 Week Session)

Drop in Fee: \$5 Members / \$8 Program Participant

**WaterinMotion® session passes allow unlimited access for the entire session (July 2 - July 28).**



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# SPLASH IN OUR FOUNTAIN OF YOUTH



**WATERinMOTION® is a fun and energizing aqua program that will get you moving.**

WATERinMOTION® addresses aqua-specific choreography and supplies an intergenerational music selection that will have your participants singing along in no time.



Distributed by:  
SCW

# DEDICATED TO KEEPING YOUR SWIMMER SAFE



Safety first! The pool is a great place to have fun and exercise, but the most important thing at the Y is your family's safety. Helping you enjoy the water safely is our highest priority. To assure that every child is comfortable and confident in the pool, all children under the age of 15 wishing to use the deep (West) end of the pool, must pass a swim test and wear a swimming bracelet at all times. YMCA lifeguards and/or staff members will administer swim tests and award swim bracelets to those children who are able to complete the test successfully.

Children under the age of 8 (0-7 years) must have a responsible adult in the water within arm's length at all times. Children able to pass the swim test, may enter the deep end of the pool with their swimming bracelet. They, however, must still be within arm's length of their responsible adult.

Children between the ages of 0 and 14 who are unable or unwilling to complete the swim test, must remain in the shallow (East) end of the pool and must have a responsible adult within arm's length at all times, regardless of age. Children in the shallow end of the pool, may wear a Coast Guard Approved Personal Flotation Device. These items are not provided by the YMCA.

Children between the ages of 8 and 14 who are able to demonstrate to a YMCA lifeguard or staff member that they are comfortable in the pool by successfully completing the swim test, will be given a swimming bracelet. These swimmers may use the entire pool, and are not required to have an adult in the pool.

## Other Important Pool Rules:

- 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.

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