



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE SCHEDULE

SOUTHEAST FAMILY CENTER

Spring 2012

Schedule Begins March 2012.

*All classes are an hour long.

Multiple activities are often scheduled in this pool at the same time.

Lap Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Speed

Please try to choose a lane with swimmers that most nearly match your speed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Pool
	6:00 am Shallow/Deep w/ Erik		6:00 am Shallow/Deep w/ Erik			Lap Pool
8:00 am AOA w/ Donna	8:00 am AOA w/ Donna	8:00 am AOA w/ Donna	8:00 am AOA w/ Donna	8:00 am AOA w/ Donna	8:00 am Aqua Pump (Fun Pool) w/ Yong	Fun Pool
						Lap Pool
9:15 am AOA w/ Kym	9:45-10:45 Water Pilates w/ Suzanne NEW!!!!	9:15 am AOA w/ Kym		9:15 am AOA w/ Kym		Fun Pool
11:00 am AFAP w/ Donna	11:00 am Surf's Up w/ Suzanne	11:00 am AFAP w/ Donna	11:00 am Surf's Up w/ Suzanne			Fun Pool
6:00 pm Aqua Pump (Fun Pool) w/ Yong	6:00 pm WEX (Lap Pool) w/ Erik	6:00 pm Aqua Pump (Fun Pool) w/Yong	6:00 pm Shallow/Deep (Lap Pool) w/Yong	6:00 pm Making Waves (Lap Pool) w/ Kaiti		Lap Pool or Fun Pool

UPDATED 2/22/2012-Schedule is subject to change. Class descriptions are listed on the back of this sheet. For more information please call 622-9622 or visit www.ppymca.org.

Southeast Family Center

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