

## YMCA Yarmouth - 2012 Winter Schedule

Aquatics							Land-based Fitness						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Team 6:00-7:30		Swim Team 6:00-7:30		Swim Team 6:00-7:30			Spin 6:10-6:50	Spin 6:10-6:50	Spin 6:10-6:50	Spin 6:10-6:50	Spin 6:10-6:50		
Lane Swim 7:30-9:00	Lane Swim 7:00-9:00	Lane Swim 7:30-9:00	Lane Swim 7:00-9:00	Lane Swim 7:30-9:00									
* Pool Running 9:00-10:00	Pool Running 9:00-10:00	Pool Running 9:00-10:00	Pool Running 9:00-10:00	* Pool Running 9:00-10:00	Swim Lessons 9:00-12:30		Core Stretch 9:00-10:00	Strength Training 9:00-10:00	Interval Fitness 9:00-10:00		Core Stretch 9:00-10:00	Beginner Spin 9:30-10:15	
AquaBounce 10:00-10:45		Maintenance 10:00-11:00	AquaBounce 10:00-10:45				Aerobics 10:00-11:00	Toddler Tyme Gym 10:00-11:00	Aerobics 10:00-11:00		Soma Dance 10:00-11:00		
Parent/tot Swim 11:00-11:45	Parent/tot Swim 11:00-11:45		Parent/tot Swim 11:00-11:45	Rental 11:00-12:00					Stroller Tyme Gym 10:00-11:00		Stroller Tyme Gym 10:00-11:00	Plyometrics 10:30-11:30	
Lane Swim 12:00-2:30	Lane Swim 12:00-2:30	Lane Swim 12:00-2:00	Lane Swim 12:00-2:30	Lane Swim 12:00-2:30		Lane Swim 12:30-1:30	Lane Swim 1:00-2:00	Step Aerobics 12:10-12:50	Spin 11:00-11:45	Power45 10:00-10:45	Spin 12:10-12:50		Power45 10:00-10:45
		AquaStretch 2:00-3:00			Open Swim 1:30-3:00	Rental 2:00-3:00	Spin 12:10-12:50	Pick-up Basketball 11:30-1:30	Yoga w/ Krissie (stretch) 10:00-11:15	BodyShaping 12:10-12:50	Zumba 11:00-12:00		
After-school Swim 3:00-4:00	After-school Swim 3:00-4:00	After-school Swim 3:00-4:00	After-school Swim 3:00-4:00	After-school Swim 3:00-4:00	Family Swim 3:00-4:00	Open Swim 3:00-4:00		YogaStretch 12:10-12:50			Pick-up Basketball 11:30-1:30		
Swim Team 4:00-5:30	Private Lessons 4:00-5:30	Swim Lessons 4:00-5:00	Jr. Whitecaps 4:00-5:00	Private Lessons 4:00-5:30	Rental 4:00-5:00	Community Swim 4:00-5:30			Spin 11:10-11:45		Spin 11:00-12:00		
Lane Swim 5:30-6:30	Lane Swim 4:00-5:30	Lane Swim 5:00-5:45	Swim Team 5:00-7:00	Lane Swim 4:00-5:30	Community Swim 5:00-6:30	Lane Swim 5:30-6:30			Plyometrics 12:10-12:50		Spin 12:10-12:50		
Bronze Med/Cross 6:30-8:00	Swim Team 5:30-7:00	Swim Team 5:45-7:15		AquaPower 7:00-8:00	Swim Team 5:30-7:00		AquaFit 6:30-7:30	GAP Club Gym 4:00-5:00	GAP Club Gym 4:00-5:00	GAP Club Gym 4:00-5:00	GAP Club Gym 4:00-5:00	GAP Club Gym 4:00-5:00	
		Tim Horton's Swim 7:30-8:30		Adult Lessons 8:00-8:45					Spin (beg/int) 5:30-6:30			Spin 5:30-6:30	Plyometrics 5:30-6:30
	AquaBox 7:00-8:00			Friday Night Rocks 7:00-8:30			Yoga w/ Krissie (flow) 5:30-6:45		Spin 6:00-7:00	Step Aerobics 6:00-7:00	Beg. Kids Karate 6:00-7:00		
	Pool Running 8:00-8:45						Zumba 5:30-6:30		Zumba 6:30-7:30		Adv. Kids Karate 6:30-7:30	Friday NightRocks 6:30-8:30	
												Pick-up Basketball 2:00-4:00 (Ages: high school or older)	

PROGRAM LEGEND	SWIM DEFINITIONS
Fitness Class	Team Program
Adults Only	Private Rentals
Lessons	* No Instructor
Child/youth-based	
	Parent/tot Swim: For parents and children under 5. Non-members \$5.00, members free.
	Family Swim: Children/youth of all ages welcome and must be accompanied by an adult.
	Open Swim: Day fee applies to non-members. Children under 6 must be with an adult.
	Community Swim: Non-members \$3, members free.
	After-school Swim: Non-members \$3, members free. Open to children/youth and adults.
	Ladies Swim: Enjoy social time with the ladies while you get in your workout.

LEGEND	GYM DEFINITIONS	GYM DEFINITIONS
Aerobics Studio	Fitness Centre	GAP Club Gym: Gym time for the GAP Club after-school program.
Spin Room	Wellness Centre	Toddler Tyme Gym: Tumble, climb, roll, and jump! Children under 5 with adult. Non-members \$3.00, members free.
Gym - Adult	Red Triangle Room	Gym & Swim: Toddler Tyme Gym and Parent/tot Swim can be combined. Non-members \$5.50, members free.
Gym - Child/youth	Multi-purpose Room	Stroller Tyme Gym: Get a workout and meet other moms while the little ones relax. Non-members \$3.00, members free.