



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAINING POOL SCHEDULE

September-December 2017

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|---|--|---|
| TRAINING POOL | | | | | | | |
| Adult Open Training 15 years + only | 5:30-6:55a Adult Open Training | 5:30-7:25a Adult Open Training | 5:30-6:55a Adult Open Training | 5:30-7:25a Adult Open Training | 5:30-6:55a Adult Open Training | 7:00-9:10a Adult Open Training | 9:00-12:30p Adult Open Training |
| Water Exercise Classes Max capacity for classes is 19. Everyone must be on time for classes, if late you must wait for next class or instructor's approval. 15 years + | 7:00-8:00a Aqua Arthritis Exercise Gina | 7:00-8:00a Hot Potato! Shari | 7:00-8:00a Aqua Arthritis Exercise Gina | 7:00-8:00a Hot Potato! Shari | 7:00-8:00a Aqua Arthritis Exercise Gina | 9:15-2:00p Swim Lessons | 12:30-2:30p Family Open Swim |
| | 8:00-9:00a Aqua Arthritis Exercise Gina | 8:00-9:00a Sculpt & Tone Shari | 8:00-9:00a Aqua Arthritis Exercise Gina | 8:00-9:00a Sculpt & Tone Shari | 8:00-9:00a Aqua Arthritis Exercise Gina | 2:05-4:00p Family Open Swim | 2:30p-3:00p Adult Open Training |
| Stretch and Strengthen Class Registration is required. Max capacity for class is 19. | 9:05-9:55a Adult Open Training | 9:05-9:55a Family Open Swim | 9:05-9:55a Adult Open Training | 9:05-9:55a Family Open Swim | 9:05-9:55a Adult Open Training | 4:05-6:15p Adult Open Training | |
| | 10:00-11:00a Aqua Arthritis Exercise Shari | 10:00-11:00a Aqua Arthritis Exercise Veronic | 10:00-11:00a Aqua Arthritis Exercise Shari | 10:00-11:00a Aqua Arthritis Exercise Veronic | 10:00-11:00a Aqua Arthritis Exercise Shari | | |
| Swim Lessons Training Pool will be <u>CLOSED</u> for a duration of hours for Swim Lessons only. | 11:00-12:00p Aqua Arthritis Exercise Shari | 11:00-12:00p Aqua Arthritis Exercise Veronic | 11:00-12:00p Aqua Arthritis Exercise Shari | 11:00-12:00p Aqua Arthritis Exercise Veronic | 11:00-12:00p Aqua Arthritis Exercise Shari | | |
| Family Open Swim Adult must be with a child under the age of 8 at all times. One adult for every two children in with water. Pool Equipment cannot be used at this time. This includes, Kickboards, Water Toys, Water Weights, and Swim Noodles etc. | 12:00-1:00p Healthy Joints Veronic | 12:00-12:30p Adult Open Training | 12:00-1:00p Healthy Joints Veronic | 12:00-12:30p Adult Open Training | 12:00-1:00p Healthy Joints Veronic | | |
| | 1:00-2:00p Aqua Arthritis Exercise Veronic | 12:30-1:30p Stretch & Strengthen Lynne | 1:00-2:00p Aqua Arthritis Exercise Veronic | 12:30-1:30p Stretch & Strengthen Lynne | 1:00-2:00p Aqua Arthritis Exercise Veronic | | |
| | 2:05-2:55p Family Open Swim | 1:30-2:30p Stretch & Strengthen Lynne | 2:05-2:55p Family Open Swim | 1:30-2:30p Stretch & Strengthen Lynne | 2:05-2:55p Family Open Swim | | |
| | 3:00-6:30p Swim Lessons | 3:00-6:30p Swim Lessons | 3:00-6:30p Swim Lessons | 3:00-6:30p Swim Lessons | 3:00-7:30p Swim Lessons | | |
| | 6:35-7:30p Family Open Swim | 6:35-8:00p Family Open Swim | 6:35-7:30p Family Open Swim | 6:35-8:00p Family Open Swim | 7:35-9:00p Family Open Swim | | |
| | 7:35-9:45p Adult Open Training | 8:05-9:45p Adult Open Training | 7:35-9:45p Adult Open Training | 8:05-9:45p Adult Open Training | 9:05-9:45p Adult Open Training | | |

BURBANK COMMUNITY YMCA
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LAP POOL SCHEDULE

September-December 2017

Schedule is subject to change

Lap Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool. Ages 15+

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.

ADA

Aquatics pool lift is available. Pools are ADA accessible. Multiple activities are often scheduled in this pool at the same time.

Water Fitness Classes

Ages 8+ may participate in class with an Adult.

Water Jogging

Water Jogging is only allowed from 10:15am -12:30pm in the stairs lane, if lap swimmers need the lane there will be no water jogging.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|--|
| 5:30-8:55a Adult Lap Swim | 5:30-8:55a Adult Lap Swim | 5:30-8:55a Adult Lap Swim | 5:30-8:55a Adult Lap Swim | 5:30-8:55a Adult Lap Swim | 7:00-8:55a Adult Lap Swim | 9:00-12:30p Adult Lap Swim |
| 9:00-10:00a Aqua Kickboxing Gina | 9:00-10:00a Aqua Blast Kris | 9:00-10:00a Aqua Blast Gina | 9:00-10:00a Aqua Zumba Mo | 9:00-10:00a Aqua Blast Kris | 9:00-10:00a Aqua Burn Mo | 12:30-3:00p Family Open Swim |
| | | | 10:00-11:00a Deep Water Aerobics Mo | | | |
| 10:05-3:25p Lap Swim (2 lanes open from 1:05-3:25p) | 10:05-3:25p Lap Swim | 10:05-3:25p Lap Swim (2 lanes open from 1:05-3:25p) | 11:05-2:25p Lap Swim | 10:05-3:25p Lap Swim (2 lanes open from 1:05-3:25p) | 10:05-2:00p Lap Swim (Only 1 Lane Open) | |
| 1:05-3:25p Family Open Swim | | 1:05-3:25p Family Open Swim | | 1:05-3:25p Family Open Swim | 10:00-2:00pm Swim Lessons | |
| 3:30-6:00p Swim Lessons | 3:30-6:30p Swim Lessons | 3:30-6:00p Swim Lessons | 3:30-6:30p Swim Lessons | 3:30-7:30p Swim Lessons | 2:00-4:00p Family Open Swim | |
| 3:00-6:00p Lap Swim (Only 1 Lane Open) | 3:00-6:25p Lap Swim (Only 1 Lane Open) | 3:00-6:00p Lap Swim (Only 1 Lane Open) | 3:00-6:25p Lap Swim (Only 1 Lane Open) | 3:00-7:30p Lap Swim (Only 2 Lanes Open) | 4:05-6:15p Lap Swim | |
| 6:00-7:15 Swim Team | 6:30-7:45p Swim Team | 6:00-7:15 Swim Team | 6:30-7:45p Swim Team | 7:30-8:30p Family Open Swim | | |
| 7:30-8:30p Aqua Burn Gina | 7:50-8:45p Open Swim | 7:30-8:30p Aqua Burn Gina | 7:50-8:45p Open Swim | 8:35-9:45p Lap Swim | | |
| 8:35-9:45p Lap Swim | 8:50-9:45p Lap Swim | 8:35-9:45p Lap Swim | 8:50-9:45p Lap Swim | | | |

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