

aquatics schedule

eliminating racism
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ywca

March – April 2010

TIME	MON	TUE	WED	THU	FRI	SAT
5:30-8:30 a.m.	6 Lane Lap	6 Lane Lap	6 Lane Lap	6 Lane Lap	6 Lane Lap	6 Lane Lap 7:30-10 a.m.
8:30-9:30 a.m.	Shallow Water Aerobics Width Lap Deep Water Aerobics	Shallow Water Aerobics Width Lap Deep Water Aerobics	Shallow Water Aerobics Width Lap Deep Water Aerobics	Shallow Water Aerobics Width Lap Deep Water Aerobics	Shallow Water Aerobics Width Lap Deep Water Aerobics	
8:45-9:30 a.m.	Width Lap	Width Lap	Width Lap	Width Lap	Width Lap	
9:30-10 a.m.	Noodle Workout Width Lap	Abs Only Width Lap	Noodle Workout Width Lap	Hydro-tone (9:15-10:00 AM) Width Lap	Volleyball Width Lap	
10-11:00 a.m.	Arthritis Exercise Width Lap	Arthritis Exercise Width Lap	Arthritis Exercise Width Lap	Arthritis Exercise Width Lap	Arthritis Exercise Width Lap	Swim Lessons 10-11 a.m.
11:00-11:30 a.m.	FAMILY SWIM 2 Lane Lap	FAMILY SWIM 2 Lane Lap	FAMILY SWIM 2 Lane Lap	FAMILY SWIM 2 Lane Lap	FAMILY SWIM 2 Lane Lap	FAMILY SWIM 2 Lane Lap 11 a.m.-1 p.m.
11:30 a.m.-1:30 p.m.	6 Lane Lap	6 Lane Lap	6 Lane Lap	6 Lane Lap	6 Lane Lap	
1:30-2:30 p.m.	Deep Water Running Width Lap	Special Group 2:00-2:45	Deep Water Running Width Lap	Special Group 2:00-2:45	Deep Water Running Width Lap	SUN
2:30-4 p.m.	FAMILY SWIM 2 Lane Lap	FAMILY SWIM 2 Lane Lap	FAMILY SWIM 2 Lane Lap	FAMILY SWIM 2 Lane Lap	FAMILY SWIM 2 Lane Lap	FAMILY SWIM 2 Lane Lap 3-6 p.m. (as of Sept. 6)
4-4:45 p.m.	Width Lap	Swim Lessons Width Lap	Width Lap	Swim Lessons Width Lap	Width Lap	
4:30-5:30 p.m.	Deep Water Aerobics Width Lap	Deep Water Running Width Lap	Deep Water Aerobics Width Lap	Deep Water Running Width Lap	Deep Water Aerobics Width Lap	
5:30-6:30 p.m.	Shallow Water Aerobics Deep Water Running Width Lap	Shallow Water Aerobics Deep Water Running Width Lap	Shallow Water Aerobics Deep Water Running Width Lap	Shallow Water Aerobics Deep Water Running Width Lap	Shallow Water Aerobics Deep Water Running Width Lap	
6:30-7:15 p.m.	FAMILY SWIM 2 Lane Lap	Swim Lessons	FAMILY SWIM 2 Lane Lap	Swim Lessons	FAMILY SWIM 2 Lane Lap	
7:30-9 p.m.		FAMILY SWIM 2 Lane Lap		FAMILY SWIM 2 Lane Lap		

fees

Passes include unlimited access to all indoor aquatics activities (except swim lessons), land fitness classes (except Jazzercise® and martial arts), open gym, and the weight room. Annual and monthly passes require a \$40 annual membership. New member monthly passes are 50% off if purchased after the 15th. Swim tickets valid for lap and family swim only. See Sun 'n Fun flyer for outdoor pool fees and hours.

	Annual	Monthly	Daily
Individual Pass:	\$360	\$35	\$5 members; \$6 nonmembers
Family Pass:	\$700	\$75	---
Senior Pass (60+):	\$300	\$30	\$5 members; \$6 nonmembers
Senior Plus Pass (75+):	\$240	\$20	\$5 members; \$6 nonmembers
Swim Tickets:	10 for \$30 / 20 for \$50		

Margaret Richards Aquatics Center

3101 35th Street

Call today to schedule a private pool party!

www.ywcalubbock.org

(806) 792-2723

as of 2/24/2010

aquatics programs

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Certified Pool Operators Class

Provides all information needed to run a swimming pool properly. Required for pool operators by the Texas Department of Health and the City of Lubbock, whose health codes for public swimming pools require one CPO on site during all operation hours. Also excellent for home pool operators. Certification valid five years. NO REFUNDS will be given.

Cost: \$285.

Schedule (All classes meet 8:30 a.m.-5 p.m. for both sessions):
Mar. 15-16 (Mon-Tue), Apr. 13-14 (Tue-Wed), May 4-5 (Tue-Wed), June 8-9 (Tue-Wed)

Call Rachel at (806) 792-2723 x3248 for more details.

CPR/First Aid for the Professional Rescuer

Required for health care providers. Includes adult, child, and infant CPR and AED, as well as first aid. CPR is offered the first evening and can be taken as a stand-alone course. NO REFUNDS will be given.

Cost: \$50 for CPR/First Aid; \$30 for CPR only

Schedule (All classes meet 6:30-10:30 p.m. for both sessions):
Mar. 8 & 10, Mar. 23 & 25, Apr. 12 & 14, Apr. 27 & 29, May 10 & 12, May 25 & 27

Swim Lessons

Aqua Babies: Ages 6 months-3 years. Parents participate while baby learns water adjustment skills.

Aqua Tots: Ages 3-5 years. Parents do not participate. Emphasis on water adjustment and beginning propulsion skills.

Youth & Adults: No age restrictions. YWCA Learn-to-Swim program. Levels 1-6 offered.

Cost for Full Session: \$45 members / \$65 non-members. (The YWCA reserves the right to cancel swim lessons if there is not sufficient enrollment to support the class.)

Schedule: **Tue & Thu, 4-4:45 p.m. and 6:30-7:15 p.m.**
Mar. 2-Apr. 1 (no lessons on LISD Spring Break)
Apr. 6-29
Mar. 4-27 (4-4:45 p.m. only)

Mon-Thu, 6:30-8 p.m.
May 17-27

Saturday, 10-11 a.m.
Apr. 10-May 15

Private Lessons: \$15 per 30-minute lesson, per person.

Semi-Private Lessons: \$15 per 45-minute lesson, per person.

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Lifeguard Training Classes

Individuals must be at least 15 years old by the last day of class, a good swimmer, and in relatively good condition. All participants MUST attend ALL scheduled class times to receive certification. NO REFUNDS will be given.

Cost: \$155, including books and pocket masks

Schedule (All classes follow schedule below):
Mar. 12-16, Mar. 26-30, Apr. 16-20, Apr. 30-May 4, May 14-18,
May 21-24, May 28-31, June 11-15

Friday	8:30 p.m.-10:30 p.m.
Saturday	8:30 a.m.-5 p.m.
Sunday	8:30 a.m.-3 p.m.
Monday	8:30 p.m.-11 p.m.
Tuesday	8:30 p.m.-11 p.m.

Lifeguard Training Instructor Classes

Individuals must be at least 17 years old by the last day of class and be current in lifeguard training and CPR for the Professional Rescuer. All participants MUST attend ALL scheduled class times to receive certification. NO REFUNDS will be given.

Cost: \$255, including books and pocket masks

Schedule: Apr. 16, 17, 18, 21, 22
Friday: 7:30 p.m.-10:30 p.m.
Remainder of times will be discussed on the first night of each class for each session.

Class Descriptions

Abs Only: Twenty minutes of intensive abdominal work that can be done as a stand-alone or a continuation of shallow water aerobics.

Hydro-Tone: This class offers a wide variety of muscle strengthening exercises with an array of equipment. A forty-five minute class designed to attend as a stand-alone class or a cool down from Shallow Water Aerobics.

Arthritis Exercise: A shallow water class designed for people with arthritis or other orthopedic disabilities to gain flexibility and mobility.

Deep Water Aerobics: A perfect way to work out without impacting bones and joints by performing a variety of exercises and deep-water running techniques while wearing a flotation belt.

Noodle Workout: A unique workout that focuses on arms, legs, and abs.

Shallow Water Aerobics: Sixty minutes of calisthenics and aerobics that promote cardiovascular endurance, strength, and muscle tone while working out at your own pace.

Volleyball: An unstructured time of volleying a ball in the pool

Call today to schedule a private pool party!

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