

Aquatics Schedule

Livermore Aquatic Center | 3101 35th St
806-792-2723 | www.ywcalubbock.org



TIME	MON	TUE	WED	THU	FRI	SAT	
5:30-8:30am	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim @ 7:30a.m.	
8:30-9:30 a.m.	Shallow Water Fitness Deep Water Fitness	Shallow Water Fitness Deep Water Fitness	Shallow Water Fitness Deep Water Fitness	Shallow Water Fitness Deep Water Fitness	Shallow Water Fitness Deep Water Fitness	3 Lap Swim Lanes	
9:30-10:30 a.m.	Water Wellness Deep: Open	Water Wellness Deep: Open	Water Wellness Deep: Open	Water Wellness Deep: Open	Water Wellness Deep: Open	9:30a.m.-2:00 p.m. ALL OPEN	
10:30-11:00 a.m.	Open Swim-Middle Area	Open Swim-Middle Area	Open Swim-Middle Area	Open Swim-Middle Area	Open Swim-Middle Area		
11:00 a.m.-1:00 p.m.	2 Lap Swim Lanes All Other Open Swim	2 Lap Swim Lanes All Other Open Swim	2 Lap Swim Lanes All Other Open Swim	2 Lap Swim Lanes All Other Open Swim	2 Lap Swim Lanes All Other Open Swim		
1:00-5:00 p.m.	2 Lap Swim Lanes All Other Open Swim (YW-Care Open Swim)	2 Lap Swim Lanes All Other Open Swim (YW-Care Open Swim)	2 Lap Swim Lanes All Other Open Swim (YW-Care Open Swim)	2 Lap Swim Lanes All Other Open Swim (YW-Care Open Swim)	2 Lap Swim Lanes All Other Open Swim (YW-Care Open Swim)	SUN OPEN 4:00-6:00pm Members Only <i>Starting May 28th the pool will be closed on Sundays</i>	
5:00-5:30 p.m.	2 Lap Swim Lanes All Other Open Swim	2 Lap Swim Lanes All Other Open Swim	2 Lap Swim Lanes All Other Open Swim	2 Lap Swim Lanes All Other Open Swim	2 Lap Swim Lanes All Other Open Swim		
5:30-6:30 p.m.	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	SWIM TEAM ONLY		
6:30-7:30 p.m.	SWIM TEAM ONLY						4 Adult Lap Swim Lanes Other Open Swim
7:30-9:00 p.m.	4 Adult Lap Swim Lanes Other Open Swim	4 Adult Lap Swim Lanes Other Open Swim	4 Adult Lap Swim Lanes Other Open Swim	4 Adult Lap Swim Lanes Other Open Swim			

***NO CASH ACCEPTED BEFORE 8 A.M. MONDAY-FRIDAY AND 9 A.M. SATURDAY.**

Aquatics Programs

The YWCA is pleased to offer the following certification courses through the American Red Cross. Course manuals are available to download at no charge at <http://www.redcross.org/take-a-class>. **Schedule for all courses can be found on the website.**

CPR/First Aid for the Lay Responder

Trains community citizens to act in emergencies and recognize and care for life-threatening respiratory or cardiac emergencies in adults, children, and infants. Teaches knowledge and skills to help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. Includes Adult, Child and Infant CPR, First Aid, and optional AED (Automated External Defibrillator) Training.

Cost: \$60 for CPR and First Aid NO REFUNDS.

CPR for the Professional Rescuer

To teach those with a duty to act (professional rescuers and first responders) the skills needed to respond appropriately to breathing and cardiac emergencies. Includes adult, child, and infant CPR and the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

Cost: \$60. NO REFUNDS.



American Red Cross

Lifeguard Training

To train course participants on what it takes to be a professional lifeguard, including job responsibilities, patron surveillance skills, rescue skills, and first aid and CPR Pro and AED skills. Lifeguard candidates must be at least 15 years old and demonstrate strong swimming skills on the first day of class. Ask about additional prerequisites.

Cost: \$200 / (\$100 NON-REFUNDABLE FEE)

Swim Lessons

Group Lessons: 8:00a.m.—9:00 a.m. Monday, Wednesday, Friday

**At The J.T. & Margaret Talkington
YWCA at Sun 'n Fun**

Mommy & Me
Tadpoles
Minnow
Guppy
Stingray

Cost for 12 Classes: \$55 members/\$75 non-members
NO REFUNDS

YWCA reserves the right to cancel swim lessons for lack of enrollment. (If the pool is closed for any reason, make-up sessions will take place the week after each session; no individual make-up sessions).

Private Lessons (30 minutes): package of 4 for \$65/members or \$80/non-members.

Class Descriptions

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.

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

Water Wellness: Shallow water class designed for people with arthritis or other orthopedic disabilities to gain flexibility and mobility. (Formerly known as EZ Swim/Arthritis)

Margaret Richards Aquatics Center
3101 35th Street

www.ywcalubbock.org

Call today to schedule a pool party!
806.792.2723