



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE A SPLASH TOWARDS HEALTH

## YMCA OF GREATER WHITTIER Aquatics Schedule

June 10 –August 18 2019

As a member you have many options in the water. You can have fun in the water with family swim time, join an aqua aerobics or therapeutic class, enjoy our lap swim or simply relax in our Spa. In addition, pool guidelines are enforced to provide you with a safe and pleasurable environment.



For updated info on our  
classes and pool schedules  
please visit our website at  
[www.ymcawhittier.org](http://www.ymcawhittier.org)

# UPTOWN WHITTIER YMCA FAMILY CENTER Main Pool

## Lap Swim/Family Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am Lap Swim 4 Lanes	5:00am-9:00am Lap Swim 4 Lanes	5:00am-9:00am Lap Swim 4 Lanes	5:00am-9:00am Lap Swim 4 Lanes	5:00am-9:00am Lap Swim 4 Lanes	6:00am-9:30am Lap Swim 4 Lanes	10:00am-3:30pm Family Swim 3 Lanes  10:00am-3:30pm Lap Swim 3 Lanes
5:00am-9:00am Adult Open Exercise 2 Lanes	5:00am-9:00am Adult Open Exercise 2 Lanes	5:00am-9:00am Adult Open Exercise 2 Lanes	5:00am-9:00am Adult Open Exercise 2 Lanes	5:00am-9:00am Adult Open Exercise 2 Lanes		
9:00am-10:00am Lap Swim 0 Lanes*  *Dependent on Aerobic Class size	9:00am-10:00am Lap Swim 0 Lanes*  *Dependent on Aerobic Class size	9:00am-10:00am Lap Swim 0 Lanes*  * Dependent on Aerobic Class size	9:00am-10:00am Lap Swim 0 Lanes*  * Dependent on Aerobic Class size	9:00am-10:00am Lap Swim 0 Lanes*  * Dependent on Aerobic Class size	6:00am-9:30am Adult Open Exercise 2 Lanes	
10:00am-12:00pm Lap Swim 4 Lanes	10:00am-11:00am Lap Swim 2 Lanes	10:00am-12:00pm Lap Swim 4 Lanes	10:00am-11:00am Lap Swim 2 Lanes	10:00am-12:00pm Lap Swim 4 Lanes	9:30am-1:00pm Lap Swim 2 Lanes	
12:00pm-1:00am Lap Swim 2 Lanes	11:00am-1:00pm Lap Swim 4 Lanes		12:00pm-1:00am Lap Swim 2 Lanes	11:00am-1:00pm Lap Swim 4 Lanes		
1:00pm-3:00pm Family Swim 3 Lanes	1:00pm-3:00pm Family Swim 3 Lanes	1:00pm-3:00pm Family Swim 3 Lanes	1:00pm-3:00pm Family Swim 3 Lanes	1:00pm-3:00pm Family Swim 3 Lanes	1:00pm-4:00pm Family Swim 3 Lanes	
1:00pm-3:00pm Lap Swim 2 Lanes	1:00pm-3:00pm Lap Swim 2 Lanes	1:00pm-3:00pm Lap Swim 2 Lanes	1:00pm-3:00pm Lap Swim 2 Lanes	1:00pm-3:00pm Lap Swim 2 Lanes		
4:00pm-7:30pm Lap Swim 1 Lane	3:00pm-4:00pm Lap Swim 2 Lanes	4:00pm-7:30pm Lap Swim 1 Lane	3:00pm-4:00pm Lap Swim 2 Lanes	4:00pm-7:30pm Lap Swim 1 Lane	12:30pm-4:00pm Lap Swim 3 Lanes	
	4:00pm-7:30pm Lap Swim 1 Lane		4:00pm-7:30pm Lap Swim 1 Lane			
7:30pm-9:00pm Family Swim 3 Lanes	7:30pm-9:00pm Family Swim 3 Lanes	7:30pm-9:00pm Family Swim 3 Lanes	7:30pm-9:00pm Family Swim 3 Lanes	5:00pm-9:00pm Family Swim		
7:30pm-9:00pm Lap Swim 3 Lanes	7:30pm-9:00pm Lap Swim 3 Lanes	7:30pm-9:00pm Lap Swim 3 Lanes	7:30pm-9:00pm Lap Swim 3 Lanes	7:30pm-9:00pm Lap Swim 3 Lanes		

# UPTOWN WHITTIER YMCA FAMILY CENTER Warm Water Pool

\*Please see attached sheet for Exercise Class Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-7:15am Adult Open Exercise	5:00am-9:30am Adult Open Exercise	5:00am-7:15am Adult Open Exercise	5:00am-9:30am Adult Open Exercise	5:00am-7:15am Adult Open Exercise	6:00am-9:30am Adult Open Exercise	10:00am-3:30pm Adult Open Exercise
7:15am-9:30am *Exercise Class		7:15am-9:30am *Exercise Class		7:15am-9:30am *Exercise Class		
9:30am-10:15am Adult Open Exercise	9:30am-10:00am Group Lessons	9:30am-10:15am Adult Open Exercise	9:30am-10:00am Group Lessons	9:30am-10:15am Adult Open Exercise		
10:15am-12:00pm *Exercise Class	10:00am-1:00pm *Exercise Class	10:15am-12:00pm *Exercise Class	10:00am-1:00pm *Exercise Class	10:15am-12:00pm *Exercise Class	9:30am-1:00pm Group Lessons	
12:00pm-2:00pm Adult Open Exercise		12:00pm-2:00pm Adult Open Exercise		12:00pm-2:00pm Adult Open Exercise		
2:00pm-4:00pm *Exercise Class	1:00pm-4:00pm Adult Open Exercise	2:00pm-4:00pm *Exercise Class	1:00pm-4:00pm Adult Open Exercise	2:00pm-4:00pm *Exercise Class		
4:00pm-6:00pm Group Lessons	4:00pm-7:30pm Group Lessons	4:00pm-6:00pm Group Lessons	4:00pm-7:30pm Group Lessons	4:00pm-9:00pm Adult Open Exercise	1:00pm-4:00pm Adult Open Exercise	
6:00pm-7:00pm *Exercise Class		6:00pm-7:00pm *Exercise Class				
7:00pm-9:00pm Adult Open Exercise	7:30pm-9:00pm Adult Open Exercise	7:00pm-9:00pm Adult Open Exercise	7:30pm-9:00pm Adult Open Exercise			

# UPTOWN WHITTIER YMCA FAMILY CENTER Spa

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-9:00pm	5:30am-9:00pm	5:30am-7:30pm	5:30am-9:00pm	5:30am-9:00pm	6:00am-4:00pm	10:00am-3:30pm

# EAST WHITTIER YMCA FAMILY CENTER Main Pool

## Lap Swim/Family Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:00am Lap Swim 3 Lanes	5:00am-8:00am Lap Swim 3 Lanes	5:00am-8:00am Lap Swim 3 Lanes	5:00am-8:00am Lap Swim 3 Lanes	5:00am-8:00am Lap Swim 3 Lanes	6:00am-9:00am Lap Swim 3 Lanes	10:00am-1:30pm Family Swim 3 Lanes
5:00am-8:00am Adult Open Exercise 3 Lanes	5:00am-8:00am Adult Open Exercise 3 Lanes	5:00am-8:00am Adult Open Exercise 3 Lanes	5:00am-8:00am Adult Open Exercise 3 Lanes	5:00am-8:00am Adult Open Exercise 3 Lanes	6:00am-9:00am Adult Open Exercise 3 Lanes	
8:00am-11:00am Lap Swim 0 Lanes*	8:00am-9:00am Lap Swim 0 Lanes*	8:00am-11:00am Lap Swim 0 Lanes*	8:00am-9:00am Lap Swim 0 Lanes*	8:00am-11:00am Lap Swim 0 Lanes*	9:00am-12:00pm Lap Swim 1 Lane	10:00am-1:30pm Lap Swim 3 Lanes
*Dependent on Aerobic Class size	9:00am-10:00am Lap Swim 1 Lane		9:00am-10:00am Lap Swim 1 Lane			
	10:00am-11:00am Lap Swim 0 Lane*		10:00am-11:00am Lap Swim 0 Lanes*			
11:00am-1:00pm Lap Swim 3 Lanes	11:00am-1:00pm Lap Swim 3 Lanes	11:00am-1:00pm Lap Swim 3 Lanes	11:00am-1:00pm Lap Swim 3 Lanes	11:00am-1:00pm Lap Swim 3 Lanes	12:00pm-3:30pm Family Swim 3 Lanes	1:30pm-3:30pm Family Swim 2 Lanes
1:00pm-4:00pm Family Swim 3 Lanes	1:00pm-4:00pm Family Swim 3 Lanes	1:00pm-4:00pm Family Swim 3 Lanes	1:00pm-4:00pm Family Swim 3 Lanes	1:00pm-4:00pm Family Swim 3 Lanes		
1:00pm-3:30pm Lap Swim 3 Lanes	1:00pm-4:00pm Lap Swim 3 Lanes	1:00pm-3:30pm Lap Swim 3 Lanes	1:00pm-4:00pm Lap Swim 3 Lanes	1:00pm-3:30pm Lap Swim 3 Lanes		
3:30pm-7:30pm Lap Swim 1 Lane	4:00pm-7:00pm Lap Swim 1 Lane	3:30pm-7:30pm Lap Swim 1 Lane	4:00pm-7:00pm Lap Swim 1 Lanes	3:30pm-7:30pm Lap Swim 1 Lanes	12:00pm-3:30pm Lap Swim 3 Lanes	1:30pm-3:30pm Lap Swim 2 Lanes
7:00pm-8:45pm Family Swim 3 Lanes	7:00pm-8:45pm Family Swim 3 Lanes	7:00pm-8:45pm Family Swim 3 Lanes	7:00pm-8:45pm Family Swim 3 Lanes	7:00pm-8:45pm Family Swim 3 Lanes		
7:30pm-8:45pm Lap Swim 3 Lanes	7:00pm-8:45pm Lap Swim 3 Lanes	7:30pm-8:45pm	7:00pm-8:45pm Lap Swim 3 Lanes	7:30pm-8:45pm Lap Swim 3 Lanes		

# EAST WHITTIER YMCA FAMILY CENTER Warm Water Pool

\*Please see attached sheet for Exercise Class Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am Adult Open Exercise	5:00am-9:00am Adult Open Exercise	5:00am-9:00am Adult Open Exercise	5:00am-9:00am Adult Open Exercise	5:00am-9:00am Adult Open Exercise	6:00am-9:00am Adult Open Exercise	10:00am-3:30pm Family Swim
9:00am-10:00am *Exercise Classes	9:00am-11:00am *Group Lessons	9:00am-10:00am *Exercise Classes	9:00am-11:00am *Group Lessons	9:00am-10:00am *Exercise Classes	9:00am-12:30pm Group Lessons	
10:00am-11:00am Family Swim		10:00am-11:00am Family Swim		11:00am-8:45pm Family Swim	12:30pm-3:30pm Family Swim	
11:00am-12:30pm Group Lessons	11:00am-4:00pm Family Swim	11:00am-12:30pm Group Lessons	11:00am-4:00pm Family Swim	11:00am-8:45pm Family Swim	12:30pm-3:30pm Family Swim	
12:30pm-4:00pm Family Swim		12:30pm-4:00pm Family Swim				
4:00pm-7:00pm Group Lessons	4:00pm-7:00pm Group Lessons	4:00pm-7:00pm Group Lessons	4:00pm-7:00pm Group Lessons	11:00am-8:45pm Family Swim	12:30pm-3:30pm Family Swim	
7:00pm-8:00pm *Exercise Classes	7:00pm-8:00pm *Exercise Classes	7:00pm-8:00pm *Exercise Classes	7:00pm-8:00pm *Exercise Classes			
7:30pm-8:45pm Family Swim	7:30pm-8:45pm	7:30pm-8:45pm	7:30pm-8:45pm Family Swim			

# CLASS DESCRIPTIONS



**Over 4,640 Families and kids gained swimming and water safety skills in 2013.**

## Aquanetics

This class is an exercise program with light cardiovascular and stretching exercises. It is primarily designed to strengthen and tone muscles.

## Aqua Aerobics

This class is a shallow-water workout that includes water walking; aerobic training to strengthen your heart and lungs; muscle conditioning using water dumbbells; and a stretch-and-relax phase to promote flexibility and reduce tension and stress.

## Backs in Motion

This class is designed for people with back pain and is ideal for those recovering from back surgery. In this class, you will learn exercises aimed to strengthen core muscles of the back, abdomen, and legs.

## Joints in Motion

This class is designed for people who have arthritis, or for anyone who would like to decrease pain and stiffness, increase joint mobility, tone muscles, improve posture, and move through exercises and daily activities with greater ease.

## Specialty Aquatic Classes

Did you know that water exercise strengthens the heart, lungs, and muscles; builds physical endurance; alleviates strain on joints; and is an ideal means of relaxation?

Here at the YMCA of Greater Whittier, we offer a variety of water-based classes that benefit the whole body, as well as the whole person! Water aerobics, pool running, or regular swimming workouts provide a great exercise experience without the cumbersome constraints of gravity. Moreover, our water classes are great social outlets. Meet staff and fellow members who will support and encourage you to reach your goals.

All specialty aquatic classes are free with full membership, so why wait? Jump right in—the water's fine!

## UPTOWN WHITTIER YMCA FAMILY CENTER

### Main Pool/Warm Water Pool

#### Water Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
7:15-8:00 am Joints in Motion (Warm Water Pool)		7:15-8:00 am Joints in Motion (Warm Water Pool)		7:15-8:00 am Joints in Motion (Warm Water Pool)
8:00-8:45 am Joints in Motion (Warm Water Pool)		8:00-8:45 am Joints in Motion (Warm Water Pool)		8:00-8:45 am Joints in Motion (Warm Water Pool)
8:45-9:30 am Joints in Motion (Warm Water Pool)		8:45-9:30 am Joints in Motion (Warm Water Pool)		8:45-9:30 am Joints in Motion (Warm Water Pool)
9:00-10:00 am Aqua Aerobics (Main Pool)	9:00-10:00 am Aqua Aerobics (Main Pool)	9:00-10:00 am Aqua Aerobics (Main Pool)	9:00-10:00 am Aqua Aerobics (Main Pool)	9:00-10:00 am Aqua Aerobics (Main Pool)
10:15-11:00 am Joints in Motion (Warm Water Pool)	10:00-10:45 am Backs in Motion (Warm Water Pool)	10:15-11:00 am Joints in Motion (Warm Water Pool)	10:00-10:45 am Backs in Motion (Warm Water Pool)	10:15-11:00 am Joints in Motion (Warm Water Pool)
11:00-11:45 am Joints in Motion (Warm Water Pool)	11:00-11:45 am Joints in Motion (Warm Water Pool)	11:00-11:45 am Joints in Motion (Warm Water Pool)	11:00-11:45 am Joints in Motion (Warm Water Pool)	11:00-11:45 am Joints in Motion (Warm Water Pool)
12:00-1:00 pm Aqua Aerobics (Main Pool)	12:00-12:45 pm Backs in Motion (Warm Water Pool)	12:00-1:00 pm Aqua Aerobics (Main Pool)	12:00-12:45 pm Backs in Motion (Warm Water Pool)	12:00-1:00 pm Aqua Aerobics (Main Pool)
2:00-2:45 pm Backs in Motion (Warm Water Pool)		2:00-2:45 pm Backs in Motion (Warm Water Pool)		2:00-2:45 pm Backs in Motion (Warm Water Pool)
3:00-3:45 pm Joints in Motion (Warm Water Pool)		3:00-3:45 pm Joints in Motion (Warm Water Pool)		3:00-3:45 pm Joints in Motion (Warm Water Pool)
6:00-6:45 pm Joints in Motion (Warm Water Pool)		6:00-6:45 pm Joints in Motion (Warm Water Pool)		

## EAST WHITTIER YMCA YMCA FAMILY CENTER

### Main Pool/Warm Water Pool

#### Water Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00 am Aqua Aerobics (Main Pool)	8:00-9:00 am Aqua Aerobics (Main Pool)	8:00-9:00 am Aqua Aerobics (Main Pool)	8:00-9:00 am Aqua Aerobics (Main Pool)	8:00-9:00 am Aqua Aerobics (Main Pool)
9:00-10:00 am Aqua Aerobics (Main Pool)  9:00-10:00 am Joints in Motion (Warm Water Pool)	9:00-10:00 am Joints in Motion (Warm Water Pool)	9:00-10:00 am Aqua Aerobics (Main Pool)  9:00-10:00 am Joints in Motion (Warm Water Pool)	9:00-10:00 am Joints in Motion (Warm Water Pool)	9:00-10:00 am Aqua Aerobics (Main Pool)  9:00-10:00 am Joints in Motion (Warm Water Pool)
10:00-11:00 am Aqua Fit (Main Pool)	10:00-11:00 am Aqua Fit (Main Pool)	10:00-11:00 am Aqua Fit (Main Pool)	10:00-11:00 am Aqua Fit (Main Pool)	10:00-11:00 am Aqua Fit (Main Pool)
7:00-8:00 pm Aquanetics (Warm Water Pool)	7:00-8:00 pm Aquanetics (Warm Water Pool)	7:00-8:00 pm Aquanetics (Warm Water Pool)	7:00-8:00 pm Aquanetics (Warm Water Pool)	