



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A SPLASH TOWARDS HEALTH

YMCA OF GREATER WHITTIER Aquatics Schedule

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



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-1:00pm Lap Swim 4 Lanes | 10:00am-12:00pm Lap Swim 4 Lanes | 10:00am-1:00pm Lap Swim 4 Lanes | 10:00am-12:00pm Lap Swim 4 Lanes | 9:30am-12:30pm Lap Swim 2 Lanes | |
| 12:00pm-1:00pm Lap Swim 2 Lanes | | 12:00pm-1:00pm Lap Swim 2 Lanes | | 12:00pm-1:00pm Lap Swim 2 Lane | | |
| 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 | 12:30pm-4:00pm Family Swim 3 Lanes | |
| 1:00pm-4:00pm Lap Swim 3 Lanes | 1:00pm-4:00pm Lap Swim 3 Lanes | 1:00pm-4:00pm Lap Swim 3 Lanes | 1:00pm-4:00pm Lap Swim 3 Lanes | 1:00pm-3:00pm Lap Swim 4 Lanes | | |
| 4:00pm-7:30pm Lap Swim 1 Lane | 4:00pm-7:00pm Lap Swim 1 Lane | 4:00pm-7:00pm Lap Swim 1 Lane | 4:00pm-7:00pm Lap Swim 1 Lane | 4:00pm-7:00pm Lap Swim 1 Lane | 12:30pm-4:00pm Lap Swim 3 Lanes | |
| 7:00pm-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 | 6:00pm-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 | 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-7:15 am Adult Open Exercise | 5:00am-10:00 am Adult Open Exercise | 5:00am-7:15 am Adult Open Exercise | 5:00am-10:00 am Adult Open Exercise | 5:00am-7:15 am Adult Open Exercise | 6:00am-9:00 am Adult Open Exercise | |
| 7:15am-9:30am *Exercise classes | 10:00am-1:00pm *Exercise classes | 7:15am-9:30am *Exercise classes | 10:00am-1:00pm *Exercise classes | 7:15am-9:30am *Exercise classes | 9:00am-12:30pm Group lessons | |
| 9:30am-10:15 am Adult Open Exercise | 1:00 pm-3:00 pm Adult Open Exercise | 9:30am-10:15 am Adult Open Exercise | 1:00 pm-3:00 pm Adult Open Exercise | 9:30am-10:15 am Adult Open Exercise | 12:30pm-4:00pm Adult Open Exercise | 10:00am-3:30pm Adult Open Exercise |
| 10:15am-12:00pm *Exercise classes | 4:00pm-5:00pm Group Lessons | 10:15am-12:00pm *Exercise classes | 4:00pm-5:00pm Group Lessons | 10:15am-12:00pm *Exercise classes | | |
| 12:00pm-2:00pm Adult Open Exercise | 5:00pm-6:00pm Adult Open Exercise | 12:00pm-2:00pm Adult Open Exercise | 5:00pm-6:00pm Adult Open Exercise | 12:00pm-2:00pm Adult Open Exercise | | |
| 2:00pm-4:00pm *Exercise classes | 6:00pm-7:00pm Group Lessons | 2:00pm-4:00pm *Exercise classes | 6:00pm-7:00pm Group Lessons | 2:00pm-4:00pm *Exercise classes | | |
| 4:00-6:00pm Group Lessons | | 4:00-6:00pm Group Lessons | | 4:00-7:00pm Adult Open Exercise | | |
| 6:00pm-7:00pm *Exercise classes | 7:30pm-9:00 pm Adult Open Exercise/ Family Swim | 6:00pm-7:00pm *Exercise classes | 7:30pm-9:00 pm Adult Open Exercise/ Family Swim | 7:00pm-9:00 pm Adult Open Exercise/ Family Swim | | |
| 7:00pm-9:00 pm Adult Open Exercise/ Family Swim | | 7:00pm-9:00 pm Adult Open Exercise/ Family Swim | | | | |

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-12:30pm 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 | 12:30pm-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-6:00pm 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 | 12:30pm-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 | 7:30pm-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-8:30am Adult Open Exercise | 5:00am-9:00am Adult Open Exercise | 5:00am-8:30am 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 | 8:30am-11:00am *Group Lessons | 9:00am-11:00am *Exercise Classes | 8:30am-11:00am *Group Lessons | 9:00am-10:00am *Exercise Classes | 9:00am-12:30pm Group Lessons | |
| 11:00am-4:00pm Family Swim | 11:00am-4:00pm Family Swim | 11:00am-4:00pm Family Swim | 11:00am-4:00pm Family Swim | 11:00am-8:45pm Family Swim | 12:30pm-3:30pm 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 | | | |
| 7:00pm-8:00pm *Exercise Classes | 7:00pm-8:00pm *Exercise Classes | 7:00pm-8:00pm *Exercise Classes | 7:00pm-8:00pm *Exercise Classes | | | |
| 7:00pm-8:45pm Family Swim | 7:00pm-8:45pm Family Swim | 7:00pm-8:45pm Family Swim | 7:00pm-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.

Deep Water Open Exercise Time

This class is a vigorous open-water exercise time during which you can tone and strengthen muscles and improve your overall cardiovascular health. As the name suggests, this class is for those with prior deep water experience only!

Aqua Zumba

This class is known as the Zumba "pool party". Aqua Zumba gives a new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together in a safe, challenging, water-based workout that's cardio conditioning, body-toning, and most of all, exhilarating!

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) | 8:30-9:30 am Joints in Motion (Warm Water Pool) | 9:00-10:00 am Aqua Aerobics (Main Pool) | 8:30-9:30 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 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 Aqua Zumba (Warm Water Pool) | 7:00-8:00 pm Aquanetics (Warm Water Pool) | 7:00-8:00 pm Aqua Zumba (Warm Water Pool) | 7:00-8:00 pm Aquanetics (Warm Water Pool) | |