

# Aquatics Schedules

**Whirlpool Cleaning Schedule**  
Closed from 1-4 PM on 6/12, 7/10 & 8/14

## Water Fitness Classes *(Free for members) Valid June 4 to August 26*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-7:45 AM Susan STRETCH-N-FLEX	7-7:45 AM Wanda STRETCH-N-FLEX	7-7:45 AM Susan STRETCH-N-FLEX	7-7:45 AM Melissa STRETCH-N-FLEX	7-7:45 AM Susan STRETCH-N-FLEX	8-9 AM Heather AQUA ZUMBA
8-8:45 AM Susan TONE-N-FLEX	8-9 AM Wanda YOUNG AT HEART	8-8:45 AM Susan TONE-N-FLEX	8-9 AM Melissa YOUNG AT HEART	8-8:45 AM Susan TONE-N-FLEX	8-9 AM Heather WATER IN MOTION
9-9:45 AM Lou WATER CARDIO	9-9:45 AM Kristi WATER PILATES	9-9:45 AM Lou WATER CARDIO	9-9:45 AM Kristi WATER PILATES	9-9:45 AM Lou WATER CARDIO	<b>Zumba &amp; WIM alternate every other Saturday</b>  Zumba: 6/9, 6/23, 7/7, 7/21, 8/4, 8/18, 9/1 WIM: 6/16, 6/30, 7/14, 7/28, 8/11, 8/25
11-11:45 AM Teresa WIM - PLATINUM	11-11:45 AM Teresa ARTHRITIS	10-11 AM Patty WATER IN MOTION	11-11:45 AM Teresa ARTHRITIS	11-11:45 AM Teresa WIM - PLATINUM	
1-1:45 PM Joie ARTHRITIS	11-11:45 AM Kristi DEEP WATER	11-11:45 AM Patty DEEP WATER	11-11:45 AM Kristi DEEP WATER	1-1:45 PM Joie ARTHRITIS	
6:30-7:30 PM Ted WATER IN MOTION	12-1 PM Patty WATER IN MOTION	11-11:45 AM Kristi Water Cardio	12-1 PM Patty WATER IN MOTION		
	7-8 PM Linda WATER CARDIO	1-1:45 PM Joie ARTHRITIS	7-8 PM Linda WATER CARDIO		
		7-8 PM Linda WATER CARDIO			

**Aqua Zumba** incorporates dance moves for cardio conditioning and body toning to mostly Latin music.

**Arthritis** is a certified Arthritis Foundation program aimed at those suffering from arthritis and other joint problems. A physician's approval is recommended.

**Deep Water** is a non-impact class using flotation devices as you remain suspended in deep water.

**Tone-N-Flex** will get those muscles in shape while working your heart. This is a higher cardio class.

**Water Cardio** is a fast-paced cardio workout in the shallow end.

**Water in Motion (WIM)** is a high-energy, calorie-burning workout.

**Water in Motion (WIM) Platinum** is a shallow water, low impact class that offers deconditioned participants a fun workout

**Water Pilates** will tone and strengthen core muscles. Great for balance and posture for men and women.

**Young at Heart** is a high-energy program combining aerobics, toning, and stretching.

**Reminder!** Sign up for aquatic fitness update text messages. Text @jaquatics to 81010

## Lap & Open Swim Schedule Valid through Sept. 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7 AM	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes		
7-8 AM	3 Lanes Closed	3 Lanes Closed	3 Lanes Closed	3 Lanes Closed	3 Lanes Closed		
8-9 AM	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes ½ Open
9-10 AM	1 Lane Closed	2 Lanes Closed	1 Lane Closed	2 Lanes Closed	1 Lane Closed	2 Lanes ½ Open	2 Lanes ½ Open
10-11 AM	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes ½ Open	2 Lane ½ Open
11 AM-12 PM	1 Lane Closed	Closed	1 Lane Closed	Closed	1 Lane Closed	2 Lanes ½ Open	2 Lanes ½ Open
12-1 PM	3 Lanes ½ Open	2 Lanes Closed	3 Lanes ½ Open	2 Lanes Closed	3 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
1-2 PM	Closed	Closed	Closed	Closed	Closed	2 Laps ½ Open	2 Lanes ½ Open
2-3 PM	Closed	2 Lanes ¼ Open/Deep	2 Lanes Closed	2 Lanes ¼ Open/Deep	Closed	2 Lanes ½ Open	2 Lanes ½ Open
3-3:30 PM	Closed	2 Lanes ¼ Open/Deep	2 Lanes ½ Open	2 Lanes ¼ Open/Deep	Closed	2 Lanes ½ Open	2 Lanes ½ Open
3:30-4 PM	Closed	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open	Closed	2 Lanes ½ Open	2 Lanes ½ Open
4-4:30 PM	1 Lane Closed	1 Lane Closed	1 Lane Closed	1 Lane Closed	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
4:30-5 PM	Closed	Closed	Closed	Closed	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
5-6 PM	Closed	Closed	Closed	Closed	2 Lanes ½ Open	Closed at 5	2 Lanes ½ Open
6-6:30 PM	No Lanes ½ Open	No Lanes ½ Open	No Lanes ½ Open	No Lanes ½ Open	2 Lanes ½ Open		2 Lanes ½ Open
6:30-7 PM	Closed	No Lanes ½ Open	No Lanes ½ Open	No Lanes ½ Open	Closed at 6:30		2 Lanes ½ Open
7-8 PM	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed			Closed at 7
8-9:30 PM	3 Lanes ½ Open	3 Lanes ½ Open	3 Lanes ½ Open	3 Lanes ½ Open			

## Swim Chart Guide

- **1, 2, 3 or 4 Lanes** = The number of lanes open for swimming laps
- **1/4 Open/Deep** = Only deep end is open for use
- **Closed** = Other than the lap lanes that are open, the rest of the pool is closed for swim lessons or water fitness classes
- If a lesson is not being taught during 2 Laps, members may also use the third lap.
- Open and lap times are subject to change with advanced notice.

## Private Swim Lessons Age 4+

Schedule for 30 min., 1-on-1 instruction with a certified Instructor. To book private lessons, contact Patty at: patty@yorkjcc.org

### Private 1 on 1 Lessons

# of lessons	1	6	10	12
M+	\$30	\$160	\$240	\$260
M	\$35	\$190	\$290	\$320
NM	\$40	\$210	\$320	\$360

### Private Partner Lessons

Price listed below is price per person

# of lessons	1	6	10	12
M+	\$23	\$120	\$185	\$210
M	\$27	\$140	\$215	\$235
NM	\$31	\$165	\$245	\$270

Maximum number of 2 people at same swim level. The JCC is not responsible for partner pairing, this must be done by the buyer.

Private lessons must be used within 1 year of purchase.