



GROUP EXERCISE SCHEDULE (Spring Break: March 25 - March 31)

Studio AB / C / D / E

BLUE = Beginner **GREEN = Multi-Level** **RED = Intermediate/Advanced**
ORANGE = Active Older Adult **PURPLE = Youth/Family**
AB = Studio AB **C = Studio C** **D = Studio D**
\$ Paid Registration Required at the Courtesy Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM						
5:15 - Cycle/Boot Camp Fusion 50 min - D - Gayle	5:15 - Cycle/Tabata Fusion 45 min - D - Gayle		5:15 - Cycle/Tabata Fusion 45 min - D - Gayle			
5:30 - Boot Camp 45 min - AB - Amanda		5:30 - Boot Camp 45 min - AB - Amanda				
6:00 AM						
6:00 - Step & Sculpt 45 min - C - Martha		6:00 - Step & Sculpt 45 min - C - Martha		6:00 - Step & Sculpt 45 min - C - Martha		
7:00 AM						
					7:00 - Tae Kwon Do 60 min - AB \$ Paid by Segment	
					7:30 - Cycle Xpress 30 min - D - Danielle	
8:00 AM						
8:00 - Silver Sneakers® Classic 45 min - AB - Karen	8:00 - Strength Training 50 min - AB - Instructor	8:00 - Silver Sneakers® Classic 45 min - AB - Karen	8:00 - Strength Training 50 min - AB - Gayle	8:00 - Silver Sneakers® Classic 45 min - AB - Julie	8:00 - Boot Camp/STRONG® Rotation 50 min - AB - Varies	
8:00 - Ballet Barre 50 min - E - Alia	8:00 - WERQ® 60 min - C - Michelle R.	8:00 - Pilates Matwork 50 min - E - Claudia	8:00 - WERQ® 60 min - C - Michelle R.		8:00 - Pilates/PiYo® Rotation 50 min - E - Cathy/Heather	
8:10 - Group Cycle ** 50 min - D - Stephanie B					8:30 - Group Cycle ** 60 min - D - Kristin H.	
9:00 AM						
9:00 - Dance Fitness 50 min - AB - Irma	9:00 - TBC 60 min - AB - Cariann	9:00 - Zumba® Toning 50 min - AB - Debbie	9:00 - STRONG® 60 min - AB - Cathy	9:00 - Zumba® 50 min - AB - Patricia	9:00 - Zumba® 50 min - AB - Jaime	
9:00 - TBC 60 min - C - Kristin R	9:00 - Group Cycle 45 min - D- Dennis	9:10 - TBC 50 min - C - Joyce	9:00 - Group Cycle 45 min - D- Dennis	9:00 - TBC 60 min - C -Crystal	9:00 - Kids Fitness 50 min - C - Becky/Pam	
9:00 - Fitness Yoga 60 min - E - Debbie	9:00 - Yoga 50 min - E - Samantha	9:00 - Fitness Yoga 60 Min - E - Linda K	9:00 - Yoga 50 min - E - Samantha	9:00 - Fitness Yoga 60 Min - E - Linda K	9:00 - Fitness Yoga 60 Min - E - Melissa P	
10:00 AM						
10:10 - Women's Strength 50 Min - AB - Carrie		10:10 - Women's Strength 50 min - AB - Anne	10:00 - Beginner Cycle 45 min - D - Mike	10:10 - Women's Strength 50 min - AB - Shannon	10:00 - Strength Training 50 min - AB - Cathy/Shannon	
10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma	10:00 - Fitness Yoga 50 min - E - Melissa P	10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma	10:00 - Fitness Yoga 50 min - E - Melissa P	10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma	10:00 - R.I.P.P.E.D. for Beginners 50 min - C - Becky/Pam	
10:10 - Yoga for Athletes 50 Min - E - Kristin R (NEW)				10:10 - Pilates Matwork 50 min - E - Cathy		
11:00 AM						
11:10 - Yoga Xpress 30 min - E - Alicia	11:00 - Qigong 60 min E - Kathryn/Ruth	11:10 - Yoga Xpress 30 min - E - Alicia		11:10 - Yoga Xpress 30 min - E - Brittany	11:00 - Rumble with Strength 60 min - AB - Irma	11:15 - Super Cycle 90 min - D - Alicia

SIGN-IN SHEET System for MARKED ** CLASSES:

1. Sign-up sheet will be set out on the Wellness Desk 30 minutes prior to class starting time. Only one name can be recorded per person.
2. The instructor will pick up the list prior to class start time and **will call members in by name in the order they signed in on the sheet.** You will enter the Studio after your name is called. If you are not in the Studio when class begins, your spot will not be held.
3. All open spots at the class start time are first come, first served.

FIRST COME, FIRST SERVED POLICY:

1. Line up in order of arrival. Be respectful, do not save space for others or use personal items (water bottles, bags, etc.) to save space in lines.
2. When the instructor arrives and is ready to start class, they will ask participants to enter in order of arrival.
3. Exit the studio when the class is over. Note: All participants must exit the studio even if they plan to attend the next class.
4. **If the studio door is closed do not enter.**

INSTRUCTOR SUBSTITUTION POLICY:

When unable to attend class, instructors are required to find a substitute instructor that will teach a comparable class. Class cancellations will be avoided. Due to the volume and unpredictability of instructor substitutions the Wellness Department is unable to communicate these changes to our members.

NOTES:

- Age requirement: 14 and up. 10 - 13 year olds are welcome to attend classes WITH PARENT/GUARDIAN.
- The YMCA reserves the right to cancel or change a class if minimum participation is not met.

HAVE YOU DOWNLOADED
THE NEW
VALPARAISO FAMILY YMCA
MOBILE APP?



**SCHEDULES...
 PROGRAMS...
 UPDATES...
 AND MORE!**
**WE NOW HAVE AN
 APP FOR THAT!**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 Noon						
12:15 - Zumba® Gold 50 min - AB - Tonia	12:00 - Pickleball 150 min - Gym Self-Led	12:15 - Zumba Gold 50 min - AB - Linda T (NEW)	12:00 - Pickleball 150 min - Gym Self-Led	12:15 - Zumba® Gold 50 min - AB - Tonia		12:00 - Strength Training 45 min - AB - Crystal/ Danielle
	12:15 - Rock Steady Boxing® - AB \$ Paid - St. Mary		12:15 - Rock Steady Boxing® - AB \$ Paid - St. Mary			12:30 - Pickleball 90 min - AB - Gym Self-Led
1:00 PM						
1:15 - Silver Sneakers® Classic 45 min - AB - Karen	1:15 - Fitness Yoga 50 min - E - Jaymi	1:00 - Pickleball 90 min - Gym Self-Led		1:15 - Silver Sneakers® Classic 45 min - AB - Kristin R.		
		1:15 - Silver Sneakers® Stability 45 min - AB - Nadine				
		1:15 - Strength Training 50 min - C - Lizz G				
2:00 PM						
	2:00 - Silver Sneakers® Yoga 45 min - AB - Anita		2:00 - Silver Sneakers® Yoga 45 min - AB - Anita			2:00 - Pound® 45 min - AB - Becky/Pam
3:00 PM						
						3:00 - Zumba® 60 min - AB - Rita
						3:00 - Kids Fitness 60 min - C - Becky/Pam
4:00 PM						
4:00 - Heated Yoga 50 min - E - Linda K.					4:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment	
5:00 PM						
5:00 - Zumba® 50 min - AB - Patricia	5:00 - PiYo® 50 min - E - Heather	5:00 - Zumba® 50 min - AB - Rita	5:00 - PiYo® 50 min - E - Heather	5:00 - STRONG® 50 min - C - Cathy		
	5:10 - TBC 50 min - AB - Cathy					
	5:20 - Zumba® Gold-Toning 50 min - C - Becky		5:20 - Zumba® Gold-Toning 50 min - C - Becky			
	5:30 - Group Cycle 50 min - D - Kristin H.	5:30 - Cycle/Boot Camp Fusion ** 60 min - D/C - Cariann				
6:00 PM						
6:00 - Drumming/Pound® Fusion 50 min - C - Jaime	6:05 - Tae Kwon Do 60 min - AB \$ Paid by Segment	6:00 - Pilates Matwork 50 min - E - Cathy	6:05 - Tae Kwon Do 60 min - AB \$ Paid by Segment			
6:00 - Pilates Matwork 50 min - E - Claudia	6:20 - R.I.P.P.E.D. 60 min - C - Irma		6:20 - R.I.P.P.E.D. 60 min - C - Irma			
6:30 - Cycle Xpress 30 min - D - Joy			6:30 - Cycle Xpress 30 min - D - Joy			
7:00 PM						
7:00 - Boot Camp 50 min - AB - Jay	7:05 - Tae Kwon Do 60 min - AB \$ Paid by Segment	7:00 - Boot Camp 50 min - AB - Jay				
7:00 - Zumba® Toning 50 min - C - Cathy		7:00 - Zumba® Toning 50 min - C - Cathy				
7:15 - Yoga 60 Min - E - Jaymi		7:15 - Yoga/Restorative Fusion 60 Min - E - Debbie				
8:00 PM						
8:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment		8:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment				



Lap Pool Spring Break - 2019

Effective March 25 through March 31
(Subject to change without notice,
Please see mobile app for the most up-to-date schedule)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-5:30 Lap Swim - 6 lanes	5:00-9:00 Lap Swim - 6 lanes	5:00-5:30 Lap Swim - 6 lanes	5:00-9:00 Lap Swim - 6 lanes	5:00-5:30 Lap Swim - 6 lanes	POOL CLOSED	POOL CLOSED
5:30-6:30 Masters - 4 lanes ONLY 2 LAP LANES		5:30-6:30 Masters - 4 lanes ONLY 2 LAP LANES		5:30-6:30 Masters - 4 lanes ONLY 2 LAP LANES	7:00-8:30 Masters - 3 lanes Lap Swim - 3 lanes	
6:30-9:00 Lap Swim - 6 lanes		6:30-9:00 Lap Swim - 6 lanes		6:30-9:00 Lap Swim - 6 lanes	8:30-9:00 Lap Swim - 6 lanes	
9:00-10:00 Active Fitness NO LAP LANES	9:00-10:00 DeepWater - 3 lanes Lap Swim - 3 lanes	9:00-10:00 Active Fitness NO LAP LANES	9:00-10:00 DeepWater - 3 lanes Lap Swim - 3 lanes	9:00-10:00 Active Fitness NO LAP LANES	9:00-5:30 Lap Swim - 6 lanes	11:00-5:30 Lap Swim - 6 lanes
10:00-6:10 Lap Swim & PT - 6 lanes	10:00-6:10 Lap Swim - 6 lanes	10:00-6:10 Lap Swim & PT - 6 lanes	10:00-6:10 Lap Swim - 6 lanes	10:00-6:10 Lap Swim - 6 lanes		
6:10-6:40 Lessons - 1 lanes Lap Swim - 5 lanes	6:10-6:40 Lessons - 1 lanes Lap Swim - 5 lanes	6:10-6:40 Lessons - 1 lanes Lap Swim - 5 lanes	6:10-6:40 Lessons - 1 lanes Lap Swim - 5 lanes	6:10-6:40 Lessons - 1 lanes Lap Swim - 5 lanes	POOL CLOSED	POOL CLOSED
6:40-7:40 Masters - 3 lanes Lap Swim - 3 lanes	6:30-7:30 Aqua Blast - 2 lanes Lap Swim - 4 lanes	6:40-7:40 Masters - 3 lanes Lap Swim - 3 lanes	6:30-7:30 Aqua Blast - 2 lanes Lap Swim - 4 lanes	6:40-7:40 Master - 3 lanes Lap Swim - 3 lanes		
7:40-9:30 Lap Swim - 6 lanes	7:30-9:30 Lap Swim - 6 lanes	7:40-9:30 Lap Swim - 6 lanes	7:30-9:30 Lap Swim - 6 lanes	7:40-9:30 Lap Swim - 6 lanes		

Helpful Things To Know

- Swimmers should **ALWAYS** share available lap lanes - circle swimming during peak pool usage times.
- When entering a lane that already has someone in it, please make sure the swimmer knows you are joining them prior to starting your lap swim to ensure each other's safety.
- Please limit swim time when others are waiting.
- Please review minimum age guidelines listed on the reverse side of this schedule.
- You must be at least 15 years of age and wearing appropriate attire to use the Whirlpool, Sauna and Steam Room.
- PT = Physical Therapy, which is by appointment only; please be respectful of special needs and space.
- We will resume our group lessons and traditional pool schedule on Monday, April 1st.

Are you ready for the summer?

It is just around the corner. Don't miss out on getting your children ready for time at the pool and the beach! Registration for our next segment of swim lessons is April 8th-13th for members of the Valparaiso Y and April 11th-13th for the Community. We offer lessons for everyone over six months, including adults, who want to brush up on strokes or learn to swim.

Looking for a summer job?

We are accepting applications for lifeguards and swim lesson instructors. Please visit the career tabs at www.valpoymca.org to apply.



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Indicates water features in use - a Swim Test is required for anyone to use the Slide.

SPLASH PAD IS ONLY AVAILABLE DURING OPEN SWIM and LIMITED OPEN SWIM TIMES.

- Children under 10 - parent/adult guardian should remain in pool area at all times.
- Children under 10 are automatically designated a non-swimmer unless they can pass the swim test.
- Non-swimmers are restricted to the shallow end and be actively supervised and within arm's reach of a parent or adult guardian at all times.
- Only US Coast Guard floatation should be used and are available on the pool deck .
- Parent/ adult (at minimum 18 years of age) guardian should remain within arm's length of children using Splash Pad.
- We will resume our group lessons and traditional pool schedule on Monday, April 1st.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45-9:30 Aqua	8:45-9:30 WET	8:45-9:30 Aqua	8:45-9:30 WET	8:45-9:30 Aqua	POOL CLOSED	POOL CLOSED
9:30-10:15 WET	9:30-10:15 Aqua Arthritis	9:30-10:15 WET	9:30-10:15 Aqua Arthritis	9:30-10:15 WET		
10:15-11 Aqua Arthritis	10:15-10:45 Y Childcare	10:15-11 Aqua Arthritis	10:15-10:45 Y Childcare	10:15-11 Aqua Arthritis		
11:00 -12:05 Lessons	11:00 -12:05 Lessons	11:00 -12:05 Lessons	11:00 -12:05 Lessons	11:00 -12:05 Lessons	12:00 - 3:00 OPEN SWIM	11:00-3:00 OPEN SWIM
12:05 - 2:10 OPEN SWIM 1:00 - 2:00 Y Fun Daze 	POOL CLOSED	12:05 - 2:10 OPEN SWIM 1:00 - 2:00 Y Fun Daze 	POOL CLOSED	12:05 - 2:10 OPEN SWIM 1:00 - 2:00 Y Fun Daze 		
2:15 - 3:00 Silver Splash				2:15 - 3:00 Silver Splash		2:15 - 3:00 Silver Splash
POOL CLOSED	3:30 - 4:15 Silver Splash	POOL CLOSED	3:30 - 4:15 Silver Splash	POOL CLOSED		
	POOL CLOSED		POOL CLOSED		POOL CLOSED	
5:00 - 6:05 Lessons	5:00 - 6:05 Lessons	5:00 - 6:05 Lessons	5:00 - 6:05 Lessons	5:00 - 6:05 Lessons	POOL CLOSED	POOL CLOSED
6:05- 6:50 Aqua Zumba	6:05 - 8:00 OPEN SWIM 	6:05- 6:50 Aqua Zumba	6:05 - 8:00 OPEN SWIM	6:05 - 8:00 OPEN SWIM 		
POOL CLOSED		POOL CLOSED				