

Winter 2011

Southwest Family YMCA Outdoor Pools Schedule

Lap swimming is available all day. The lap pool will be heated to no less than 80 degrees.

Families are welcome to use the lap pool for free swim but must remain in one lane as to not disturb the lap swimmers. All children under the age of 11 must be accompanied by an adult at all times due to the depth of the pool.

Due to the seasonal weather and energy conservation, the Southwest YMCA will no longer heat the Interactive Pool.

If you have any questions or concerns feel free to contact the Southwest Aquatics Management Team at the Welcome Center, by phone (512) 891-9622, or email swaquatics@austinyymca.org

Southwest Family YMCA Water Exercise Classes

Effective November 14 - January 31

All of our aerobics classes and swim lessons are conducted in our indoor pool. You do not need to know how to swim to take a class or begin lessons. All classes/lessons are 40 minutes to 1 hour long. Free swim is available during anytime of the day, but participant must be respectful of the classes/lessons in session. The pool temperature is kept at 85°-86°. Certified Lifeguards are on duty.

AQUA FITNESS

This class provides a whole body workout using the resistance of the water for toning and increased flexibility. Aqua Fitness is self-paced and can be low-to-high impact, depending on your effort. Ideal for beginners, pregnant women, or those who want to add cardio and toning to their workout.

ARTHRITIS EXERCISE

This class is approved by the Arthritis Foundation. It is designed for people with Arthritis and related diseases. An excellent starter class if you have never exercised in water. Participants improve their joint flexibility and reduce their pain and stiffness while supported by the water's buoyancy and resistance in a friendly, fun atmosphere where they can make new friends. No weights, noodles or other props are used. Arthritis Foundation Certified Instructor: Joyce Lynch

RANGE OF MOTION

This class is for people with arthritis and other physical mobility challenges. If you have an upcoming surgery/joint replacement this will help to prepare you. If you have had recent surgery this will help you regain flexibility and strength. We focus on stretching, joint movement, flexibility and building strength using the buoyancy and resistance of the water. We start with stretches, upper body exercise (including water weights), lower body exercise, a short period of aerobic movements, time on floatation devices and gentle cool down. A fun class with good camaraderie & a step up from Arthritis Class. Arthritis Foundation Certified Instructors: Hilde Hutchinson and Nancy Brotherton

AQUA POWER

This high-intensity class incorporates high cardio to help with your weight loss goals, muscle toning, strengthening, balance and flexibility. Expect to raise your heart rate and have fun doing it!

FLOATATION FITNESS

A total body workout using a floatation device and water weights. This class is sure to be gentle on your feet and joints, but will keep you moving!

AQUA ZUMBA

The "Pool Party" workout for all ages. Dive into our new water dance fitness class and experience a challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.