



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2011/
SPRING 2012
January 2—May 26

Valley Points Family YMCA Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NEW KENSINGTON
	Group Cycling 5:40-6:30am		Group Cycling 5:40-6:30am		Yoga 7:30-8:15am	
Monday Mix 9:15-10:15am	Step It Up 9:15-10:30am	Group Cycling 9:00-9:50am	Step It Up 9:15-10:30am	1 Hour Cycling 9:00-10:00am	Group Cycling 9:00-9:50am	
Group Cycling 9:00-9:50am	Group Cycling 9:15-10:05am	Body Flow* 9:15-10:15am	Group Cycling 9:15-10:05am	Body Flow* 9:15-10:15am		
Zumba 9:50-10:40am		Zumba 9:50-10:40am				
SilverSneakers Cardio Fit 10:45-11:30am	SilverSneakers Yoga Stretch 12:00-12:45pm	SilverSalsa 10:45-11:30am	SilverSneakers Yoga Stretch 12:00-12:45pm	SilverSneakers Cardio Circuit 10:45-11:30am		
SilverSneakers Muscular Strength 11:45am-12:30pm	Body Flow* 5:30-6:30pm	SilverSneakers Muscular Strength 11:45am-12:30pm	Body Flow* 5:30-6:30pm	SilverSneakers Muscular Strength 11:45am-12:30pm		
Body Sculpt 5:15-6:00pm	Group Cycling 5:30-6:20pm	Body Sculpt 5:15-6:00pm	Group Cycling 5:30-6:20pm			
Group Cycling 5:30-6:20pm	Butts-N-Guts 6:30-7:00pm	Group Cycling 5:30-6:20pm	Butts-N-Guts 6:30-7:00pm		NOTE: Check the Monthly Schedule for class time changes or new classes!	
Yoga 6:00-6:45pm	Zumba 6:30-7:30pm	Yoga 6:00-6:45pm	Zumba 6:30-7:30pm			
	Cycling for Starters 7:00-7:30pm		Cycling for Starters 7:00-7:30pm	* denotes a fee		

KISKI VALLEY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 6:00-6:50am		Group Cycling 6:00-6:50am		Group Cycling 6:00-6:50am	
	SilverSneakers Cardio Circuit 8:00-8:45am		SilverSneakers Cardio Circuit 8:00-8:45am		SilverSneakers Cardio Fit 8:00-8:45am	Yoga 8:00-9:00am (begins 2/4)
	SilverSneakers Muscular Strength 9:00-9:45am	Zumba 9:15-10:15am	SilverSneakers Muscular Strength 9:00-9:45am	Hula Hooping 9:30-10:15am	SilverSneakers Muscular Strength 9:00-9:45am	
	Group Cycling 9:15-10:05am	Group Cycling 9:15-10:05am	Group Cycling 9:15-10:05am	Group Cycling 9:15-10:05am	Group Cycling 9:15-10:05am	Group Cycling 9:15-10:05am
		Hula Hooping 10:30-11:15am		SilverSneakers Yoga Stretch 10:30-11:15am	Zumba 10:00-11:00am	Group Cycling 10:15-11:05am
		Yoga 11:30am-12:30pm				
	Zumba 6:00-7:00pm	Yoga 6:00-7:00pm (ends 1/31)	Body Sculpting 6:00-6:45pm	Hula Hooping 6:00-7:00pm	Cardio Kick 5:45-6:30pm	
		Group Cycling 6:15-7:00pm	Yoga 7:15-8:15pm	Group Cycling 6:15-7:00pm		



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New Kensington Branch Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Lap 6:00–8:45am	Adult Lap 6:00–8:45am	Adult Lap 6:00–8:45am	Adult Lap 6:00–8:45am	Adult Lap 6:00–8:45am	Lap Swim 7:00–9:15am
Arthritis/Deep Waterwalk 8:45–9:30am	Adult Lessons (Level Two) 8:45–9:30am	Arthritis/Deep Waterwalk 8:45–9:30am	Adult Lessons (Level One) 8:45–9:30am	Arthritis/Deep Waterwalk 8:45–9:30am	Polliwog/Guppy 9:15–10:00am
Pike/Eel 9:30–10:00am	Parent/Child Lessons 9:30–10:00am	Pike/Eel 9:30–10:00am	Parent/Child Lessons 9:30–10:00am	Child Care 9:30–10:30am	Ray/Starfish 10:00–10:30am
Adult Lap 10:00–11:30am	Aquacize Class 10:00–11:00am	Adult Lap 10:00–11:30am	Aquacize Class 10:00–11:00am	AquaFit 10:30–11:30am	Pike/Eel 10:30–11:00am
Adult Open 11:30am–1:00pm	Adult Open 11:00am–12:00pm	Adult Open 11:30am–1:00pm	Adult Open 11:00am–12:00pm	Adult Open 11:30am–1:00pm	Minnow/Fish Flying Fish/Shark 11:00–11:45am
Active Older Adults 1:00–1:45pm	Pool Rental 12:00–1:30pm	Active Older Adults 1:00–1:45pm	Pool Rental 12:00–1:30pm	Active Older Adults 1:00–1:45pm	Parent/Child Lessons 11:45am–12:15pm
Adult Open 1:45–2:45pm	Pike/Eel 1:30–2:00pm	Adult Open 1:45–2:30pm	Pike/Eel 1:30–2:00pm	Adult Lap 1:45–3:00pm	Lap Swim 12:15–1:15pm
Adult Lap 2:45–4:00pm	Ray/Starfish 2:00–2:30pm	Adult Lap 2:30–4:00pm	Ray/Starfish 2:00–2:30pm	Adult Open 3:00–4:00pm	Youth Swim 1:15–2:15pm
Youth Swim 4:00–5:00pm	Home School 2:30–3:00pm	Youth Swim 4:00–5:00pm	Lap Swim 2:30–4:30pm	Youth Swim 4:00–4:45pm	Adult Open 2:15–3:15pm
Parent/Child Lessons 5:15–5:45pm	Lap Swim 3:00–4:30pm	Parent/Child Lessons 5:15–5:45pm	Pike/Eel 4:30–5:00pm	Adult Lap 4:45–5:30pm	Family Swim 3:15–4:30pm
Pike/Eel 5:45–6:15pm	Pike/Eel 4:30–5:00pm	Pike/Eel 5:45–6:15pm	Ray/Starfish 5:00–5:30pm	Family Community Swim 5:30–6:30pm	Pool Rental 4:30–6:30pm
Polliwog/Guppy 6:15–7:00pm	Ray/Starfish 5:00–5:30pm	Polliwog/Guppy 6:15–7:00pm	Polliwog/Guppy 5:30–6:15pm	Pool Rental 6:30–7:30pm	SUNDAY
Minnow/Fish Flying Fish/Shark 7:00–7:45pm	Polliwog/Guppy 5:30–6:15pm	Minnow/Fish Flying Fish/Shark 7:00–7:45pm	Adult Open 6:15–7:00pm		Youth Member Swim 1:30–2:15pm
Family Swim 7:45–9:00pm	Adult Open 6:15–7:00pm	Family Swim 7:45–9:00pm	Aquacize 7:00–8:00pm		Adult Lap 2:15–3:00pm
	Aquacize 7:00–8:00pm		Adult Lap Swim 8:00–9:00pm		Adult Open 3:00–4:00pm
	Adult Lap Swim 8:00–9:00pm				Family Swim 4:00–5:00pm

Family Swim: Designed for family members, group leisure swimming. A child must be accompanied by an adult 18 years of age or older in the same immediate family. A youth member may be accompanied by a non-member parent on Sundays only.

Community Family Swim: Designed for families, group leisure swimming. A child under the age of 8 must be accompanied by an adult 18 years of age or older in the same immediate family. We reserve the right to limit the number of non-member swimmers in the pool.

Lap Swim: Any member 8 years of age and older who wants to swim laps (laps only).

Adult Lap: For adult members who want to swim laps. (Teen members 15 years of age and older may also swim laps.)

Adult Open: Leisure use / water aerobic exercise. Two lanes for open swim and two lanes for lap swimming.

Youth Member Swim: Youth members 6 to 14 years old. Any child under the age of 8 must be accompanied on the pool deck by a parent or legal guardian.

This schedule is subject to change due to seasonal additions and/or deletions and we reserve the right to begin and end scheduled swims within two minutes of the posted starting and ending time.