

### Class Descriptions

**AFAP (Arthritis Foundation Aquatic Program)** - Designed to be gentle and safe with NO Impact.

**AquaMotion** - Water aerobics class in the shallow end of the pool followed by toning exercises with resistance equipment. Very low impact. No swimming ability needed.

**Aqua Circuit** - Class utilizes various aqua equipment in "stations": weights, noodles and pool plyometrics for cardio and strength. Deep or shallow water.

### Join Our Community Today!

Being a part of the YMCA is different and special. We welcome and support all children and families. We help build the values of caring, honesty, respect and responsibility.

We are for everyone! People of all ages, and every race, creed, religion, income level and ability are welcome.

### Membership Department Phone Extensions (818) 240-4130

Membership Dept.	x 18
Men's Massage	x 42
Women's Massage	x 27
Aquatics	x 45

### Assistance with Fees

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

### Rights Reserved

The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.



### YMCA of Glendale Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



## Pool Schedule

### Louise Main Pool Location

140 N. Louise Street  
Glendale, CA 91206  
Phone: 818-240-4130  
Fax: 818-500-1737

Email: [ymca@glenymca.org](mailto:ymca@glenymca.org)  
[www.glendaleymca.org](http://www.glendaleymca.org)

Updated February 18, 2011

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:45am - 9:00am	Lap Swim 5:45am - 9:00am	Lap Swim 5:45am - 9:00am	Lap Swim 5:45am - 9:00am	Lap Swim 5:45am - 9:00am	Lap Swim 6:30am - 5:00pm	Scuba
Aqua Motion 9:00am - 9:55am Anne R.	Aqua Motion 9:00am - 9:55am Irina	Aqua Motion 9:00am - 9:55am Karen E.	Aqua Motion 9:00am - 9:55am Irina	Aqua Motion 9:00am - 9:55am Karen E.	2-3 Lanes only	Swim Team
10:05am - 11:00am Karen E.	10:05am to 11:00am Cidinha	10:05am to 11:00am Cidinha	10:05am to 11:00am Ann K.	10:05am to 11:00am Doris	8:00am - 2:00pm	11:45am - 1:00pm
Lap Swim 11:00am - 1:00pm 3 Lanes	<i>Deep Water Workout</i> 11:15 AM - 12:00 3 Lanes - Irina	Lap Swim 11:00am - 1:00pm 3 Lanes	<i>Deep Water Workout</i> 11:15am - 12:00 pm 3 Lanes - Irina	Lap Swim 11:00am - 1:00pm 3 Lanes	3 Lanes Swim Lessons	Lap Swim 1:00pm - 4:30pm
Rental Group 3 Lanes 11:00am - 12:00pm	Lap Swim 12:00pm - 6:00 pm	Rental Group 3 Lanes 11:00am - 12:00pm	Lap Swim 12:00pm - 6:00 pm	Rental Group 3 Lanes 11:00am - 12:00pm	Open Swim 2:00pm - 4:00pm 3 Lanes	Open Swim 2:30 - 4:30pm 3 Lanes
A.F.A.P. - Irina 3 Lanes 12:00pm - 1:00 pm	A.F.A.P. - Karen E. 3 Lanes 2:00pm - 3:00 pm	A.F.A.P. - Irina 3 Lanes 12:00pm - 1:00 pm	A.F.A.P. - Karen E. 3 Lanes 2:00pm - 3:00 pm	A.F.A.P. - Irina 3 Lanes 12:00pm - 1:00 pm	<b>*** DURING OPEN SWIM:</b> NO children under 7 years of age will be allowed in the water <b>without</b> parents, unless they are able to swim on their own.	
Lap Swim 1:00pm - 6:30pm	Swim Lessons 2-3 Lanes 6:00pm - 7:30pm	Lap Swim 1:00pm - 6:30pm	Swim Lessons 2-3 Lanes 6:00pm - 7:30pm	Lap Swim 1:00pm - 6:30pm	<b>*** DURING FAMILY SWIM:</b> Parents must be with children (15 and younger) in the water.	
Aqua Motion Anne R. 6:30pm - 7:30pm No Lap Lane	Lap Swim 3-4 Lanes	Aqua Motion Karen P. 6:30pm - 7:30pm No Lap Lane	Lap Swim 3-4 Lanes	Open Swim 3:30pm - 5:00pm 3 Lanes	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <b>Lap Swim Schedule may change due to unexpected Plunge Pool Closure.</b> </div>	
Lap Swim 7:30pm - 9:30pm	Lap Swim 7:30pm - 9:30pm	Family Swim 7:30pm - 8:30pm	Lap Swim 7:30pm - 9:30pm	Aqua Motion Anne R. 6:30pm - 7:30pm		
				Swim Team 7:30pm - 8:30pm		
		Lap Swim 7:30pm - 9:30pm		Lap Swim 8:30pm - 9:30pm		
					<b>* PLEASE SHOWER BEFORE ENTERING THE POOL!</b>	