

# Aquatic Schedule

Schedule starts January 6, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 a.m. Swim Workout Group Lap Pool		6-7 a.m. Swim Workout Group Lap Pool		6-7 a.m. Swim Workout Group Lap Pool		
8-9 a.m. Aqua Fit Therapy Pool-Lynda		8-9 a.m. Aqua Fit Therapy Pool-Lynda		8-9 a.m. Aqua Fit Therapy Pool-McKenna	9-10 a.m. Water Babies* Therapy Pool	
	10-11 a.m. Stretch & Tone Therapy Pool-Lynda		10-11 a.m. Stretch & Tone Therapy Pool-Lynda			
						12-2 p.m. Family Swim Therapy Pool
6-7 p.m. Aqua Yoga Fusion Therapy Pool-Julie	6-7 p.m. Aqua Fit Therapy Pool-Staff	6-7 p.m. Aqua Fit Therapy Pool-Staff		6-9 p.m. Family Swim Therapy Pool		

## Aquatic Class Descriptions

**AquaFit:** A whole body work out complete with a warm up, stretching portion, cardio, toning and cool down. This class will utilize noodles, hand buoys, and various water aerobic exercises.

**Aqua Stretch and Tone:** Focuses on toning, stretching, and strengthening. This class features total body conditioning through water resistance. Great for people with joint or muscle pain. Targets beginners.

**Aqua Yoga Fusion:** This class begins with traditional water aerobic exercises to build cardiovascular fitness, and ends with a series of gentle yoga stretches performed in the water, for increased flexibility and deep relaxation.

**The Swim Workout Group:** 3000--3500 yard workouts geared toward swimmers holding 50s on :50 or better, or 100s on 1:40 or better from 6-7 a.m. MWF; All are welcome to participate, and uniquely modify yardage or rest intervals as necessary.

**Water Babies:** Sessions are offered at various times throughout the year. Classes are held Saturday mornings for 10 consecutive weeks. The parent is the teacher facilitated by an instructor. The program helps develop the baby's muscular strength and coordination. Ages 3 months to 4 years. Things to bring: bathing suit, towels, favorite pool toy, and swim diapers. Things not to bring: water wings, or other floatation devices- the child needs a realistic perception of how their body works in water. This will prepare each child for a lifetime of water safety. Please contact Chris Yartym, Supervisor Fitness Services for the next session at Christopher.Yartym@Guthrie.org or 607-937-4703.

Fee: Drop in member \$5  
Drop in non-member \$10  
Member package of 10 classes \$40  
Non-member package of 10 classes \$80

**Family Swim:** Offered to members and their families only. Children must be accompanied by at least one parent/guardian while in the pool area at this time, please.

**Group Swim Lesson:** Sessions are offered at various times throughout the year in terms of 10 consecutive weeks for Levels 1-4. Children ages 4 and up are eligible. Please contact Chris Yartym, Supervisor Fitness Services for the next session at Christopher.Yartym@Guthrie.org or 607-937-4703.

Fee: Members \$60  
Non-Members \$100

**Private Lessons:** Please contact Chris Yartym, Supervisor Fitness Services for the next session at Christopher.Yartym@Guthrie.org or 607-937-4703. to arrange this one-on-one lesson. All levels are offered and times can be arranged to meet the need and/or schedules of participants.

### Fee for Members:

10 - 1 hour sessions: \$400  
5 - 1 hour sessions: \$225  
1 - 1 hour session: \$50

### Fee for Non Members:

10 - 1 hour sessions: \$500  
5 - 1 hour sessions: \$275  
1 - 1 hour session: \$60

### Fee for Members:

10 - 1/2 hour sessions: \$200  
5 - 1/2 hour sessions: \$112.50  
1 - 1/2 hour session: \$25

### Fee for Non Members:

10 - 1/2 hour sessions: \$250  
5 - 1/2 hour sessions: \$137.50  
1 - 1/2 hour session: \$30