

# Drop-In Aquatic Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 am	Aquatic Fitness	Aquatic Fitness	Aquatic Fitness	Aquatic Fitness	Aquatic Fitness	
9:45 - 10:30 am	Aquatic Fitness					Aquatic Fitness
10:30 - 11:15 am	Club 60 Aquatic Fitness	Twinges 'n Hinges			Club 60 Aquatic Fitness	
11:15 - 12:00 pm		50+ & Better Aquatic Fitness			50+ & Better Aquatic Fitness	
1:45 - 2:30 pm	Fibromyalgia		Fibromyalgia	Twinges 'n Hinges	Fibromyalgia	
2:30 - 3:15 pm		Club 60 Aquatic Fitness				
5:15 - 6:00 pm	Alive at Five Aquatic Fitness	Alive at Five Aquatic Fitness	Alive at Five Aquatic Fitness	Alive at Five Aquatic Fitness		
6:00 - 6:45 pm	Calorie Burner					
6:45 - 7:30 pm		Women at Large Aquatic Fitness		Women at Large Aquatic Fitness		
7:00 - 8:15 pm	7:00 - 7:45 pm Aquatic Fitness		7:30 - 8:15 pm Deep Water			
8:15 - 9:00 pm		Aquatic Fitness		Aquatic Fitness		
Fees: <i>Adults</i> : \$6.55/drop in pass; \$55.00/10 pass • <i>members</i> : FREE <i>Students/Seniors</i> : \$4.55/drop in pass; \$39.00/10 pass *Pool closed May 19						

**AQUATIC FITNESS:** Fitness with NO swimming experience necessary! Have a great aerobic workout while improving flexibility and toning muscles. Try our Aquatic Fitness, Calorie Burner (longer cardio section), or Alive at Five classes.

**DEEP WATER AQUATIC FITNESS:** An advanced water workout which challenges your body through the entire class. Participants should feel comfortable in deep water without lifejackets.

**TWINGES 'N HINGES:** An aquatic fitness class designed for persons with arthritis. Consists of range of motion, muscle strengthening, and endurance building activities.

**FIBROMYALGIA AQUATIC FITNESS:** Designed for persons with fibromyalgia. The warm water is soothing while instructors give you a great stretching, strengthening, & aerobic workout.

**50+ & BETTER AQUATIC FITNESS:** An aquatic fitness program for muscle conditioning, endurance, flexibility, relaxation, & coordination geared to the older adult.

**CLUB 60 AQUATIC FITNESS:** An aquatic fitness class for the 60+ adult. Enjoy all the benefits of a fitness class in a fun & friendly atmosphere!

**WOMEN AT LARGE:** An aquatic fitness class designed for larger women.

## Interested in becoming an aquatic fitness instructor?

Fitness on 25th | YWCA Saskatoon offers Land and Aquatic Group Fitness Certification.  
Ask our Customer Service Staff for more details.

Fitness on 25th|YWCA Saskatoon reserves the right to change and/or or cancel programs or close all or part of the facility for maintenance and/or special bookings. Fitness on 25th Memberships will not be extended nor will the holder be compensated for these changes, cancellations or closures

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	6:00 - 8:00 am 9:00 - 9:45 am 12:00 - 12:55 pm 3:15 - 4:30 pm 9:00 - 10:00 pm	6:00 - 8:00 am 9:00 - 9:45 am 12:00 - 12:55 pm 3:15 - 4:30 pm 6:00 - 6:45 pm 9:00 - 10:00 pm	6:00 - 8:00 am 9:00 - 9:45 am 12:00 - 12:55pm 3:15 - 4:30 pm 9:00 - 10:00 pm	6:00 - 8:00 am 9:00 - 9:45 am 12:00 - 12:55 pm 3:15 - 4:30 pm 6:00 - 6:45 pm 9:00 - 10:00 pm	6:00 - 8:00 am 9:00 - 9:45 am 12:00 - 12:55 pm 3:15 - 4:30 pm	6:00 - 8:00 am 9:00 - 9:45 am 12:00 - 12:55 pm 3:15 - 4:30 pm	8:00 - 9:45 am	10:45 - 11:30 am* 4:00 - 5:30 pm

Please Note: Front doors open at 6:00 am exactly

Public Swim

7:00 - 8:30 pm

7:00 - 8:30 pm

2:00 - 4:00 pm

Fees: *Lane Swim Drop In*: \$3.75 (members free); *Lane Swim 10 Pass*: \$32.00 • *members*: FREE

*Public Swim Drop In*: \$3.75/person; \$6.75/family\*\*

\*\*family - maximum of 3 children per adult member

Pool closed May 19

# April 7 to June 29, 2008