



Valid Jan. 2 – Feb. 19, 2012

REVISED 12.12.11

Adult Pool Schedule

ADULT LAP SWIM

Pool is dedicated to lap swimming in lanes for exercise. This is a great form of exercise to help build a healthy spirit, mind and body.

Morning

- Monday thru Friday 5:30am-8:00am
- Saturday 7:00am-8:00am
- Sunday 7:00am-8:30am

Afternoon

- Monday – Friday 11:30am-1:30pm

Evening

- Monday thru Thursday 8:00pm-8:45pm

Lycra and silicon swim caps, as well as goggles and bubble belts are available to purchase at our member service desk. Stop by for details!

WATER EXERCISE

Join our instructors for a 45 minute workout which provides a variety of activities to keep your workout exciting *and* let you move at your own pace. Classes will incorporate cardiovascular conditioning, interval training, resistance exercises, and flexibility. Use the power of water to increase cardiovascular fitness as well as muscular strength and endurance. Treat yourself to new energy and friends as you tone, shape and firm. It is not necessary to get your face wet or have any swimming skills for this class.

- Monday, Wednesday, Thursday and Fridays 8:00-9:00am

ADULT: OPEN POOL

Tuesdays 8:00-9:00am

FAMILY SWIM

Come in to enjoy some quality time with your family and practice the skills learned in swim lessons!

Friday: 6:30-8:00pm
Saturday: 12:00-1:30pm
Sunday: 12:00-1:30pm

All activities on this page are FREE to Members

Non-Member DAY PASS FEES:

Youth (infant-17 yrs) \$3
Young Adult (18-23 yrs) \$5
Adult (24-61 yrs) \$8
Family \$12
Seniors (ages 62+) \$5

Auburn-Lewiston YMCA Mission: The Auburn-Lewiston YMCA is a character-building organization dedicated to strengthening Christian principles of Caring, Honesty, Respect and Responsibility through programs that will build a healthy spirit, mind and body for all.

Financial Assistance is available for qualifying individuals and families. The YMCA is a non-profit 501c(3) charitable organization.

Auburn-Lewiston YMCA • 62 Turner Street, Auburn • 207 795 4095 • www.alyymca.org