



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA  
Winter/Spring 2017  
January 9—June 3

# New Kensington Branch Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Adult Lap</b> 6:00–8:45am	<b>Adult Lap</b> 6:00–8:45am	<b>Adult Lap</b> 6:00–8:45am	<b>Adult Lap</b> 6:00–8:45am	<b>Adult Lap</b> 6:00–8:45am	<b>Lap Swim</b> 7:00–9:15am
<b>Arthritis Aquatics</b> 8:45–9:30am	<b>Parent-Child</b> 9:00–9:30am	<b>Arthritis Aquatics</b> 8:45–9:30am	<b>Parent-Child</b> 9:00–9:30am	<b>Arthritis Aquatics</b> 8:45–9:30am	<b>Poliwog/Guppy</b> 9:15–10:00am
<b>Pike/Eel</b> 9:30–10:00am	<b>H2O Yoga</b> 9:30–10:00am	<b>Pike/Eel</b> 9:30–10:00am	<b>Adult Lessons (Level One)</b> 9:30–10:00am	<b>Adult Lap</b> 9:30–10:30am	<b>Ray/Starfish</b> 10:00–10:30am
<b>Adult Lap</b> 10:00–11:30am	<b>Aquacize Class</b> 10:00–11:00am	<b>Adult Lap</b> 10:00–11:30am	<b>Aquacize</b> 10:00–11:00am	<b>AquaFit</b> 10:30–11:30am	<b>Pike/Eel</b> 10:30–11:00am
<b>Adult Open</b> 11:30am–1:00pm	<b>Adult Open</b> 11:00am–1:30pm	<b>Adult Open</b> 11:30am–1:00pm	<b>Adult Open</b> 11:00am–1:30pm	<b>Adult Open</b> 11:30am–1:00pm	<b>Minnow/Fish Flying Fish/Shark</b> 11:00–11:45am
<b>Active Older Adults</b> 1:00–1:45pm	<b>Pike/Eel</b> 1:30–2:00pm	<b>Active Older Adults</b> 1:00–1:45pm	<b>Pike/Eel</b> 1:30–2:00pm	<b>Active Older Adults</b> 1:00–1:45pm	<b>Parent-Child</b> 11:45am–12:15pm
<b>Adult Open</b> 1:45–2:45pm	<b>Ray/Starfish</b> 2:00–2:30pm	<b>Adult Open</b> 1:45–2:45pm	<b>Ray/Starfish</b> 2:00–2:30pm	<b>Adult Lap</b> 1:45–3:00pm	<b>Lap Swim</b> 12:15–1:15pm
<b>Adult Lap</b> 2:45–4:00pm	<b>Home School</b> 2:30–3:00pm	<b>Adult Lap</b> 2:45–4:00pm	<b>Early Learning Center</b> 2:30–3:00pm	<b>Adult Open</b> 3:00–4:00pm	<b>Youth Swim</b> 1:15–2:15pm
<b>Youth Swim</b> 4:00–5:00pm	<b>Adult Lap</b> 3:00–4:30pm	<b>Youth Swim</b> 4:00–5:00pm	<b>Adult Lap</b> 3:00–4:30	<b>Youth Swim</b> 4:00–4:45pm	<b>Adult Open</b> 2:15–3:15pm
<b>Parent-Child</b> 5:15–5:45pm	<b>Pike/Eel</b> 4:30–5:00pm	<b>Parent-Child</b> 5:15–5:45pm	<b>Pike/Eel</b> 4:30–5:00pm	<b>Adult Lap</b> 4:45–5:30pm	<b>Family Swim</b> 3:15–4:30pm
<b>Pike/Eel</b> 5:45–6:15pm	<b>Ray/Starfish</b> 5:00–5:30pm	<b>Pike/Eel</b> 5:45–6:15pm	<b>Ray/Starfish</b> 5:00–5:30pm	<b>Community Family Swim</b> 5:30–6:30pm	<b>Pool Rental</b> 4:30–6:30pm
<b>Poliwog/Guppy</b> 6:15–7:00pm	<b>Poliwog/Guppy</b> 5:30–6:15pm	<b>Poliwog/Guppy</b> 6:15–7:00pm	<b>Poliwog/Guppy</b> 5:30–6:15pm	<b>Pool Rental</b> 6:30–7:30pm	
<b>Minnow/Fish Flying Fish/Shark</b> 7:00–7:45pm	<b>Adult Open</b> 6:15–7:00pm	<b>Minnow/Fish Flying Fish/Shark</b> 7:00–7:45pm	<b>Adult Open</b> 6:15–7:00pm		<b>SUNDAY</b>
<b>Family Swim</b> 7:45–9:00pm	<b>Aquacize</b> 7:00–8:00pm	<b>Family Swim</b> 7:45–9:00pm	<b>Aquacize</b> 7:00–8:00pm		<b>Youth Swim</b> 1:15–2:00pm
	<b>Adult Lap</b> 8:00–9:00pm		<b>Adult Lap</b> 8:00–9:00pm		<b>Adult Lap</b> 2:00–2:45pm
					<b>Adult Open</b> 2:45–3:30pm
					<b>Community Family Swim</b> 3:30–4:30pm

**Family Swim:** Designed for family members; group leisure swimming. All youth 18 and younger must be accompanied by a parent (on the pool deck or in the water), but children under the age of 8 must be accompanied in the water 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. Children under the age of 8 must be accompanied—in the pool—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. Children who are 6 or 7 years old 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.



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# VALLEY POINTS FAMILY YMCA

## Winter-Spring 2017

January 9—June 3

### Group Exercise & Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Sunrise Cycling</b> 6:00am		<b>Sunrise Cycling</b> 6:00am		<b>Yoga</b> 7:30am
<b>Group Cycling</b> 9:00am	<b>Step N' Strength</b> 9:00am	<b>Group Cycling</b> 9:00am	<b>Step N' Strength</b> 9:00am	<b>1 Hour Cycling</b> 9:00am	<b>Group Cycling</b> 8:00am
<b>Monday Mix</b> 9:00am	<b>Group Cycling</b> 9:00am	<b>Flow Yoga</b> 9:00am	<b>Group Cycling</b> 9:00am	<b>Flow Yoga</b> 9:00am	<b>TRX</b> 8:30am
<b>SS Cardio</b> 11:00am	<b>Tai Chi for Beginners</b> 10:30am		<b>Tai Chi for Energy</b> 11:00am	<b>SS Circuit</b> 11:00am	<b>Group Cycling</b> 9:00am
<b>SS Classic</b> Noon	<b>Tai Chi for Wellness</b> 11:00am	<b>Moving for Better Balance</b> 11:00am	<b>SS Yoga</b> Noon	<b>SS Classic</b> Noon	<b>Turbo Kick</b> 9:30am
<b>Flow Yoga</b> 5:30pm	<b>SS Yoga</b> Noon	<b>SS Classic</b> Noon			
<b>Group Cycling</b> 6:00pm	<b>PiYo!</b> 5:30pm	<b>Flow Yoga</b> 5:30pm	<b>H.I.I.T.</b> 6:00pm		
<b>TRX Express</b> 6:30pm	<b>Group Cycling</b> 6:00pm	<b>Group Cycling</b> 6:00pm	<b>Group Cycling</b> 6:00pm		
<b>Full Body Blast</b> 7:00pm	<b>Cardio Kickbox</b> 6:30pm	<b>Full Body Blast</b> 6:45pm			
<b>Group Cycling</b> 7:00pm	<b>Group Cycling</b> 7:00pm	<b>Group Cycling</b> 7:00pm	<b>Group Cycling</b> 7:00pm		<b>* fee-based program</b>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mixed Cycle</b> 6:00am		<b>Mixed Cycle</b> 6:00am		<b>Mixed Cycle</b> 6:00am	
<b>SS Circuit</b> 8:00am	<b>SS Cardio</b> 8:00am	<b>SS Circuit</b> 8:00am		<b>SS Cardio</b> 8:00am	<b>Yoga</b> 8:00am
<b>SS Classic</b> 9:00am		<b>SS Classic</b> 9:00am		<b>SS Classic</b> 9:00am	
<b>Mixed Cycle</b> 9:15am	<b>Hooping</b> 9:30am	<b>Cycle</b> 9:15am	<b>Hooping</b> 9:30am	<b>Beat Cycle</b> 9:15am	<b>Cycle</b> 9:15am
<b>PiYo!</b> 10:15am	<b>SS Yoga</b> 10:30am	<b>Moving for Better Balance</b> 10:15am	<b>SS Yoga</b> 10:30am	<b>PiYo!</b> 10:15am	
<b>Pickle Ball</b> 1:30pm	<b>Yoga</b> Noon			<b>Pickle Ball</b> 1:30pm	
<b>Zumba</b> 6:00pm	<b>½ Hour Power</b> 5:30pm	<b>Yoga</b> 6:15pm	<b>Body Weight Training</b> 5:30pm		
<b>Insanity</b> 6:30pm	<b>Cycle</b> 6:15pm	<b>Shake It Dance Fitness</b> 6:15pm	<b>Mixed Cycle</b> 6:15pm		

Classes vary in length from 30-75 minutes; please check with the instructor for ending times. These schedules are subject to change due to seasonal additions and/or deletions. Please check with the Welcome Center for updated monthly schedules.



# VALLEY POINTS FAMILY YMCA

## New Kensington Branch

### ADULT FITNESS LOCKER ROOM

#### Fall—Winter—Spring Schedule

<b>DAY</b>	<b>MEN</b>	<b>WOMEN</b>
<b>MONDAY</b>	5:30AM-11:00AM 3:00PM-10:00PM	11:00AM-3:00PM
<b>TUESDAY</b>	1:30PM-6:30PM	5:30AM-1:30PM 6:30PM-10:00PM
<b>WEDNESDAY</b>	5:30AM-10:00AM 3:00PM-10:00PM	10:00AM-3:00PM
<b>THURSDAY</b>	1:30PM-6:30PM	5:30AM-1:30PM 6:30PM-10:00PM
<b>FRIDAY</b>	5:30AM-11:00AM 3:00PM-9:00PM	11:00AM-3:00PM
<b>SATURDAY</b>	1:30PM-8:00PM	7:00AM-1:30PM
<b>SUNDAY</b>	3:30PM-6:00PM	1:00PM-3:30PM