



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
Adult Lap 6:00–8:45am	Adult Lap 6:00–8:45am	Adult Lap 6:00–8:45am	Adult Lap 6:00–8:45am	Adult Lap 6:00–8:45am	Lap Swim 7:00–9:15am
Arthritis Aquatics 8:45–9:30am	Parent-Child 9:00–9:30am	Arthritis Aquatics 8:45–9:30am	Parent-Child 9:00–9:30am	Arthritis Aquatics 8:45–9:30am	Poliwog/Guppy 9:15–10:00am
Pike/Eel 9:30–10:00am	H₂O Yoga 9:30–10:00am	Pike/Eel 9:30–10:00am	Adult Lessons (Level One) 9:30–10:00am	Adult Lap 9:30–10:30am	Ray/Starfish 10:00–10:30am
Adult Lap 10:00–11:30am	Aquacize Class 10:00–11:00am	Adult Lap 10:00–11:30am	Aquacize 10:00–11:00am	AquaFit 10:30–11:30am	Pike/Eel 10:30–11:00am
Adult Open 11:30am–1:00pm	Adult Open 11:00am–1:30pm	Adult Open 11:30am–1:00pm	Adult Open 11:00am–1:30pm	Adult Open 11:30am–1:00pm	Minnow/Fish Flying Fish/Shark 11:00–11:45am
Active Older Adults 1:00–1:45pm	Pike/Eel 1:30–2:00pm	Active Older Adults 1:00–1:45pm	Pike/Eel 1:30–2:00pm	Active Older Adults 1:00–1:45pm	Parent-Child 11:45am–12:15pm
Adult Open 1:45–2:45pm	Ray/Starfish 2:00–2:30pm	Adult Open 1:45–2:45pm	Ray/Starfish 2:00–2:30pm	Adult Lap 1:45–3:00pm	Lap Swim 12:15–1:15pm
Adult Lap 2:45–4:00pm	Home School 2:30–3:00pm	Adult Lap 2:45–4:00pm	Early Learning Center 2:30–3:00pm	Adult Open 3:00–4:00pm	Youth Swim 1:15–2:15pm
Youth Swim 4:00–5:00pm	Adult Lap 3:00–4:30pm	Youth Swim 4:00–5:00pm	Adult Lap 3:00–4:30	Youth Swim 4:00–4:45pm	Adult Open 2:15–3:15pm
Parent-Child 5:15–5:45pm	Pike/Eel 4:30–5:00pm	Parent-Child 5:15–5:45pm	Pike/Eel 4:30–5:00pm	Adult Lap 4:45–5:30pm	Family Swim 3:15–4:30pm
Pike/Eel 5:45–6:15pm	Ray/Starfish 5:00–5:30pm	Pike/Eel 5:45–6:15pm	Ray/Starfish 5:00–5:30pm	Community Family Swim 5:30–6:30pm	Pool Rental 4:30–6:30pm
Poliwog/Guppy 6:15–7:00pm	Poliwog/Guppy 5:30–6:15pm	Poliwog/Guppy 6:15–7:00pm	Poliwog/Guppy 5:30–6:15pm	Pool Rental 6:30–7:30pm	
Minnow/Fish Flying Fish/Shark 7:00–7:45pm	Adult Open 6:15–7:00pm	Minnow/Fish Flying Fish/Shark 7:00–7:45pm	Adult Open 6:15–7:00pm		SUNDAY
Family Swim 7:45–9:00pm	Aquacize 7:00–8:00pm	Family Swim 7:45–9:00pm	Aquacize 7:00–8:00pm		Youth Swim 1:15–2:00pm
	Adult Lap 8:00–9:00pm		Adult Lap 8:00–9:00pm		Adult Lap 2:00–2:45pm
					Adult Open 2:45–3:30pm
					Community Family Swim 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
	Sunrise Cycling 6:00am		Sunrise Cycling 6:00am		Yoga 7:30am
Group Cycling 9:00am	Step N' Strength 9:00am	Group Cycling 9:00am	Step N' Strength 9:00am	1 Hour Cycling 9:00am	Group Cycling 8:00am
Monday Mix 9:00am	Group Cycling 9:00am	Flow Yoga 9:00am	Group Cycling 9:00am	Flow Yoga 9:00am	TRX 8:30am
SS Cardio 11:00am	Tai Chi for Beginners 10:30am		Tai Chi for Energy 11:00am	SS Circuit 11:00am	Group Cycling 9:00am
SS Classic Noon	Tai Chi for Wellness 11:00am	Moving for Better Balance 11:00am	SS Yoga Noon	SS Classic Noon	Turbo Kick 9:30am
Flow Yoga 5:30pm	SS Yoga Noon	SS Classic Noon			
Group Cycling 6:00pm	PiYo! 5:30pm	Flow Yoga 5:30pm	H.I.I.T. 6:00pm		
TRX Express 6:30pm	Group Cycling 6:00pm	Group Cycling 6:00pm	Group Cycling 6:00pm		
Full Body Blast 7:00pm	Cardio Kickbox 6:30pm	Full Body Blast 6:45pm			
Group Cycling 7:00pm	Group Cycling 7:00pm	Group Cycling 7:00pm	Group Cycling 7:00pm		* fee-based program

NEW KENSINGTON

KISKI VALLEY

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

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