



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA WATER EXERCISE SCHEDULE | DECEMBER

INDOOR • PRATT POOL

88° - 90° • 3'-5' depth

MONDAY
AQUA INTERVAL
 6:30 - 7:20 a.m.
 Paula ♥ **GS**

AQUA FIT
 8:05 - 8:55 a.m.
 Marion ♥

AQUA STRENGTH
 9:00 - 9:50 a.m.
 Marion ♥

ARTHRITIS
 10:00 - 10:45 a.m.
 Bill ♥

ARTHRITIS
 10:50 - 11:35 a.m.
 Bill ♥

AQUA FIT
 6:45 - 7:35 p.m.
 Marion ♥

TUESDAY
AQUA MIND/BODY
 7:00 - 7:50 a.m.
 Mika ♥ **GS**

AQUA STRENGTH
 8:05 - 8:55 a.m.
 Mika ♥ **GS**

AQUA FIT
 9:00 - 9:50 a.m.
 Mika ♥ **GS**

ARTHRITIS
 10:00 - 10:45 a.m.
 Amy ♥

HYDRO HEALING
 10:50 - 11:35 a.m.
 Amy ♥

KNEE & HIP (\$)
 11:00 - 11:45 a.m.
 Kari Lorraine \$ ♥

AQUA FIT
 6:45 - 7:35 p.m.
 Mika ♥

WEDNESDAY
AQUA INTERVAL
 6:30 - 7:20 a.m.
 Mika ♥ **GS**

AQUA ZUMBA® / AQUA FIT
 8:05 - 8:55 a.m.
 Heidi/TBA ♥ **GS**

AQUA STRENGTH
 9:00 - 9:50 a.m.
 Cynthia ♥

ARTHRITIS
 10:00 - 10:45 a.m.
 Bill ♥

ARTHRITIS
 10:50 - 11:35 a.m.
 Bill ♥

AQUA FIT
 6:45 - 7:35 p.m.
 Marion ♥

THURSDAY
AQUA MIND/BODY
 7:00 - 7:50 a.m.
 Mika ♥ **GS**

AQUA STRENGTH
 8:05 - 8:55 a.m.
 Mika ♥ **GS**

AQUA FIT
 9:00 - 9:50 a.m.
 Mika ♥ **GS**

ARTHRITIS
 10:00 - 10:45 a.m.
 Marion ♥

HYDRO HEALING
 10:50 - 11:35 a.m.
 Marion ♥

KNEE & HIP (\$)
 11:00 - 11:45 a.m.
 Kari Lorraine \$ ♥

AQUA FIT
 6:45 - 7:35 p.m.
 Mika ♥ **GS**

FRIDAY
AQUA INTERVAL
 6:30 - 7:20 a.m.
 Mika ♥ **GS**

AQUA FIT
 8:05 - 8:55 a.m.
 Carla ♥ **GS**

AQUA STRENGTH
 9:00 - 9:50 a.m.
 Cynthia ♥

ARTHRITIS
 10:00 - 10:45 a.m.
 Lloyd ♥

ARTHRITIS
 10:50 - 11:35 a.m.
 Bill ♥

SATURDAY
AQUA FIT*
 8:00 - 8:55 a.m.
 Rotation ♥
 Week 1: Marion
 Week 2: Marion
 Week 3: Marion
 Week 4: Marion
 Week 5: Cynthia

ARTHRITIS*
 9:00 - 9:45 a.m.
 Rotation ♥
 Week 1: Marion
 Week 2: Marion
 Week 3: Marion
 Week 4: Marion
 Week 5: Laura

SUNDAY

OUTDOOR • HAZARD POOL

78° - 80° • 4'-8' depth

MONDAY
DEEP AQUA INTERVAL
 8:40 - 9:35 a.m.
 Marcella/Barb

DEEP WATER RUNNING (\$)
 1:05 - 1:55 p.m.
 Carla \$

DEEP AQUA INTERVAL
 5:45 - 6:35 p.m.
 Kari Lorraine **I/A**

TUESDAY
DEEP AQUA INTERVAL
 8:40 - 9:35 a.m.
 Marion

SYNCHRONIZED INSTRUCTION
 9:40 - 10:40 a.m.
 Kari Lorraine

DEEP AQUA INTERVAL
 5:45 - 6:35 p.m.
 Mika

WEDNESDAY
DEEP AQUA STRENGTH
 8:40 - 9:35 a.m.
 Mika

DEEP AQUA STRENGTH
 5:45 - 6:35 p.m.
 Kari Lorraine **I/A**

THURSDAY
DEEP AQUA INTERVAL
 8:40 - 9:35 a.m.
 Marion

DEEP AQUA INTERVAL
 5:45 - 6:35 p.m.
 Mika

FRIDAY
DEEP AQUA STRENGTH
 8:40 - 9:35 a.m.
 Kari Lorraine **I/A**

SYNCHRONIZED PRACTICE
 9:40 - 10:40 a.m.

DEEP WATER RUNNING (\$)
 1:05 - 1:55 p.m.
 Kari Lorraine \$

DEEP AQUA INTERVAL
 5:45 - 6:35 p.m.
 Marion

SATURDAY
DEEP AQUA INTERVAL
 10:05 - 11:00 a.m.
 Rotation
 Week 1: Marion
 Week 2: Marion
 Week 3: Marion
 Week 4: Marion
 Week 5: Cynthia

SUNDAY



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOBY WELLS YMCA WATER EXERCISE SCHEDULE | DECEMBER

INDOOR • McGRATH POOL
84° - 86° • 3'-5' depth

MONDAY
AQUA FIT
8:40 - 9:35 a.m.
CeCe ♥

ARTHRITIS
9:45 - 10:30 a.m.
CeCe ♥

AQUA FIT
6:25 - 7:20 p.m.
Mika ★^{GS}

TUESDAY
AQUA FIT
8:40 - 9:35 a.m.
Karen ♥ ★^{GS}

ARTHRITIS
9:45 - 10:30 a.m.
Lloyd ♥

WEDNESDAY
AQUA FIT
8:40 - 9:35 a.m.
Julie ♥

ARTHRITIS
9:45 - 10:30 a.m.
Julie ♥

AQUA FIT
6:25 - 7:20 p.m.
Mika ★^{GS}

THURSDAY
AQUA FIT
8:40 - 9:35 a.m.
Karen ♥ ★^{GS}

ARTHRITIS
9:45 - 10:30 a.m.
Lloyd ♥

FRIDAY
AQUA FIT
8:40 - 9:35 a.m.
Mika ♥ ★^{GS}

ARTHRITIS
9:45 - 10:30 a.m.
Mika ♥

AQUA ZUMBA®
6:05 - 7:00 p.m.
Mika

SATURDAY
AQUA FIT
8:05 - 8:55 a.m.
Rotation ♥ ★^{GS}

Week 1: Paula
Week 2: Cindi
Week 3: Heidi
Week 4: Melissa
Week 5: Cindi

Note: Week 3 will be an AQUA ZUMBA® class.

SUNDAY

KNEE & HIP PRE-/POST-REHAB

11:00 - 11:45 a.m. • Tuesday & Thursday
Mission Valley YMCA Pratt Pool (Indoor)

For exercisers who are planning to or have undergone knee or hip replacements.

FEE PER SESSION:

Member \$104
Participant \$139
Minimum four, maximum eight
Doctor OK preferred

POOL TO SLOPES

1:05 - 1:55 p.m. • Monday & Friday
Mission Valley YMCA Hazard Pool (Outdoor)

No impact. Increase strength and endurance.

FEE	DROP-IN	MONTHLY
Member.....\$9\$44	
Participant.....\$29*\$59	
*Includes \$20 day-use fee Minimum eight		

- ◆ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.
- \$ **FEE-BASED** Fee-based class; must meet minimum registration. See left.
- ♥ **Y ACTIVE ADULTS** Activities designed for older adults
- ★ **GETTING STARTED** A great place to begin or restart your exercise program
- IA **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

MONTHLY UPDATES:

- **DECEMBER 11-17:** All Mission Valley pools closed for annual maintenance.
- **DECEMBER 22-26:** All Toby Wells pools closed for annual maintenance.
- **DECEMBER 24, 31 & JANUARY 1:** On Sunday, December 24, Sunday, December 31 and Monday January 1, we will be open from 7 a.m. to 2 p.m.
- **DECEMBER 25:** On Friday, December 25, all San Diego YMCA locations will be closed.

REMINDERS:

- All schedules are subject to change.
- For class descriptions and levels, see class description flier at the Welcome Center.
- For substitutions/alternate instructors, check missionvalley.ymca.org.
- Boxed classes are under review.
- All aqua exercisers must enter and exit classes at sides of pool or by ladders. Lane lines will remain taut; traveling over lane lines is prohibited. These rules are for safety of everyone using the pool and for equipment protection.
- Please respect the member experience, and do not enter a class after start time.