



# Morony Natatorium Pool 2018 Schedule

Schedule is subject to change without notice

111 12th Street North

452-3733 or 771-1265

## Aqua Fit Water Exercise Low Impact

Cardiovascular aerobic workout that allows participants to work a low impact and low intensity workout.

- Held at both ends of the pool.
  - Equipment may be used.
  - Instructed program
- \$30/month or \$4/daily

## Aquatic Solutions Arthritis

- YMCA Arthritis Aquatic Program
  - Lead by an Instructor
  - Group participation required
- \$30/month or \$4/daily

## Aquatic Solutions MS/Orthopedic

- Orthopedic
  - Work at your own pace
  - Individualized instructor available upon request
- \$30/month or \$4/daily

## Lap Swim/ Fitness Swim

- Six lanes available for dedicated swimmers
  - Fast-Medium-Slow-Recreational
- See schedule on back for available times  
*If lanes are crowded we do ask that swimmers circle swim or wait until a spot is available*
- \$30/monthly or \$4/daily

## Lap Swim 10x Pass

Natatorium only: \$40

## Aqua Challenge Aerobic Water Exercise

- Aerobic Exercise that focuses on endurance, coordination and strength.
- Buoyancy and resistance equipment will be used.
  - Held in both ends of the pool.
  - Instructed program
- \$30/month or \$4 daily

## Adaptive Aquatics

Program for low and high functioning individuals. Learn water safety, swim skills and independence in the water. Utilizes individual learning types and considerations. Lessons are structured and provide visual, auditory and sensory stimulation based on the individuals needs.

\$80/individual private Lesson

## Kayak Paddle & Roll Class

Single session classes focus on the roll, also include forward, reverse & turning strokes.

1st and 3rd Tuesday of each month  
7:00pm-9:00pm  
Call Chris at 453-2841 for more information  
\$5/per class

## Swim Lessons

Classes offered for beginners to advance. YMCA/ American Red Cross certified instructors. Emphasis on personal safety, personal growth.

**Polliwog:** stroke development with front, side and back float.

**Guppy:** stroke development with floating, diving, bobbing and treading water.

**Minnow:** paddle, breast stroke, side stroke and crawl.

**Fish:** breast, back, side strokes, butterfly and surface dive.

**Flying Fish:** crawl, breast, side butterfly and underwater swim.

**Shark:** Crawl, breast, sidestroke, butterfly, indi-

## WEEKDAY LESSONS YOUTH:

**Monday–Thursday**

**Eight 45 minute lessons over two weeks**

**4:00-4:45pm, or 5:00-5:45pm**

**Sept. 17—Sept. 27**

**Oct. 1—Oct. 11**

**Oct. 15– Oct. 25**

**\$40/two week session**

**Saturday**

**10:00-10:45am, or 11:00-11:45am**

**Six 45 minute lessons**

**Sept. 22—Oct. 27**

**\$35/six week session**

**Homeschool: Tuesdays 1:30-2:30**

**\$35/ 6 lessons**

**Sept 18-Oct23**

## WATER BABIES/SKIPPERS:

**Monday and Wednesday**

**5:00-5:45pm**

**Six 45 minute sessions**

**Sept. 17– Oct. 3**

**Oct. 8– Oct. 24**

**\$35/ six week session or \$6 drop in**

**Saturday**

**11:00-11:45am**

**Sept. 22—Oct. 27**

**\$35/ six week session or \$6 drop in**

**Last day of all swim classes is family WIBIT time**

## PRIVATE LESSONS YOUTH AND ADULT

**Preregistration is required**

<b>Morony Natatorium Schedule Sept. – Oct. 2018</b>					Pool Size: 25' x 75'-Water Temperature: 84 to 86 degrees- Pool Depth: 3 1/2' to 12'-Deep end drop slide		
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
7:00	Water Exercise/ Aqua Challenge/ 1 Lap Lane	Water Exercise/ Aqua Challenge/ 1 Lap Lane	Water Exercise/ Aqua Challenge/ 1 Lap Lane	Water Exercise/ Aqua Challenge/ 1 Lap Lane	Closed	Closed	Closed
<b>8:00</b>	<b>Lap Swim/ Fitness Swim</b>	<b>Lap Swim/ Fitness Swim</b>	<b>Lap Swim/ Fitness Swim</b>	<b>Lap Swim/ Fitness Swim</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
9:00	Lap Swim/ Fitness Swim	Lap Swim/ Fitness Swim	Lap Swim/ Fitness Swim	Lap Swim/ Fitness Swim	Closed	Private Swim Lessons	Closed
<b>10:00</b>	Water Aerobics	Aquatic Solutions/MS	Water Aerobics	Aquatic Solutions/MS	Closed	<b>Swim Lessons</b>	<b>Closed</b>
11:00	Lap Swim	Aquatic Solutions/ Arthritis	Lap Swim	Aquatics Solutions/ Arthritis	Closed	Swim Lessons/ Waterbabies	Closed
<b>12:00</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	<b>Lap Swim</b>	<b>Rental</b>
1:00	OPEN  SWIM	Swim Lessons	Swim Lessons	Swim Lessons	Closed	<b>O P E N   S W I M</b>	
2:00		Swim Lessons	Swim Lessons	Swim Lessons	Closed		
3:00	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Closed		
4:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Rental		
<b>5:00</b>	Swim Lessons/ Waterbabies	Swim Lessons	Swim Lessons/ Waterbabies	Swim Lessons	Rental	<b>Rental</b>	<b>Rental</b>
6:00	<b>Water Exercise Aqua Fit/ Laps</b>	<b>Water Exercise Aqua Fit/ Laps</b>	<b>Water Exercise Aqua Fit/ Laps</b>	<b>Water Exercise Aqua Fit/ Laps</b>	<b>Rental</b>	Rental	Rental
<b>7:00</b>	<b>Lap swim</b>	<b>Lap Swim/ Kayaking 7-9 1st and 3rd Tuesday of the Month</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Rental</b>	<b>Rental</b>

### Pool Rentals

Rent the Natatorium Pool for an extra swim group or special birthday. The pool will be exclusively yours for a private party. Lifeguards are provided.

Friday's 4:00-6:00pm and 6:00-8:00pm

Saturday's 5:00-7:00pm or 7:00-9:00pm

Sunday's 12:00-2:00pm, 2:00-4:00pm, 4:00-6:00pm or 6:00-8:00pm

Basic Rental (2hrs) \$130.00 (for 50 guest- over 50 guest additional \$40.00 fee)

Basic Rental (2hrs) with 3 Piece WIBIT \$205.00

Basic Rental (2hrs) with 6 Piece WIBIT \$280.00

