



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## Downtown Berkeley YMCA

Schedule is effective February 1 - 29, 2012 and is subject to change.

**CARDIO, DANCE, STRENGTH & CONDITIONING** ~ classes are located in the Aerobics Studio unless otherwise indicated

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45-9:40am NIA Dance Nila	8:45-9:40am World Beat Dance Evelyn	6:00-7:00am Body Sculpt Irene	6:00-7:00am Cardio Dance Cheryl R.	9:45-10:55am Cardio Dance Plus Evelyn	7:15-7:55am Body Sculpt Jennifer B.	9:00-9:55am Body Sculpt Kelly K.
9:45-10:55am Cardio Dance Plus Evelyn	9:45-10:45am Latin Fusion Elisita (Noel 1 <sup>st</sup> Tues. of Month)	9:45-10:55am Cardio Dance Plus Evelyn	8:45-9:40am World Beat Dance Evelyn	12:00-12:55pm Total Body Challenge Irene/Robin	8:00-8:55am ZUMBA® Jennifer B.	10:00-11:05am Hip Hop Gemma
11:00-11:55am Senior Aerobics Evelyn	11:00-11:55am Body Sculpt Robin	11:00-11:55am TransDance® Heather	9:45-10:45am ZUMBA® Erin	12:00-1:00pm Brazilian Samba Mind/Body Center Jessica	10:00-10:55am Total Body Challenge Irene/Arielle	11:10-12:05pm Afro-Brazilian Dance Elisita
12:00-12:55pm Bollywood Shikha	12:00-12:55pm ZUMBA® Carah	12:00-12:55pm Total Body Challenge Teresa H.	11:00-11:55am Senior Aerobics Evelyn	4:40-5:25pm Body Sculpt Susan	11:00-11:55am Beginning Hip Hop Dana	
4:40-5:25pm Body Sculpt Mary <i>(*Cancelled on 2/27)</i>	4:40-5:25pm Latin Dance Norma	4:40-5:25pm Body Sculpt Noel	12:00-12:55pm Salsa Fusion Noel	5:30-6:25pm Hip Hop Vera		
5:30-6:25pm Hip Hop Aarin <i>(*Cancelled on 2/27)</i>	5:30-6:25pm Cardio Kickboxing Jennifer B.	5:30-6:25pm Hip Hop Tati	4:40-5:25pm Cardio Dance Holly			
6:30-7:25pm Total Body Challenge Kelly K. <i>(*Cancelled on 2/27)</i>	6:30-7:25pm Body Sculpt Jennifer B.	6:30-7:25pm Total Body Challenge Noel	5:30-6:25pm ZUMBA® Noel			
6:30-7:30pm Intro Classes Main Gym <i>(see flyer for details)</i>	6:35-7:20pm Pilates Fundamentals Main Gym Maryann	6:30-7:30pm Intro to World Dance Main Gym Elisita	6:30-7:25pm Body Sculpt Jennifer B.			
7:30-8:25pm Step & Sculpt Susan <i>(*Cancelled on 2/27)</i>	7:30-8:45pm TransDance® Rachael		6:35-7:20pm Core Strength Main Gym Robin  7:30-8:30pm Basic Hip Hop Tati			

**GROUP INDOOR CYCLE** ~ classes located in Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:25am Marjorie M.	6:00-6:55am Darlene	6:30-7:25am Marjorie M.	6:00-6:55am Jennifer R.	6:30-7:25am Marjorie M.	8:25-9:20am Sarah	8:00-8:55am Robert
12:05-1:00pm Inka	12:05-1:00pm Cheryl Swope	12:05-1:00pm Inka	12:05-1:00pm Maria	9:30-10:25am Noel	9:30-10:25am Karle	9:05-10:00am Robert
5:25-6:20pm Amanda S.	5:25-6:20pm Marjorie	5:25-6:20pm Elizabeth	5:25-6:20pm Darlene	12:05-1:00pm Lynne		10:10-11:05am Lynne
6:30-7:25pm Maria	6:30-7:25pm Robert	6:30-7:25pm Elizabeth	6:30-7:25pm Robert	Beginning Cycling 6:00-6:55pm Robin		

### Downtown Berkeley YMCA

2001 Allston Way, Berkeley CA 94704

P 510 848 9622 F 510 848 6835 www.ymca-cba.org

# GROUP EXERCISE SCHEDULE (continued)

## Downtown Berkeley YMCA

**MIND/BODY** ~ classes are located in the Mind/Body Center unless otherwise indicated

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:45am Restorative Yoga Nichole	6:30-7:45am TriYoga Flows® (I/II) Pam	8:30-9:45am Restorative Yoga Anja	8:00-8:55am Pilates Amy Power	6:30-7:45am TriYoga Flows® (I/II) Pam	8:00-8:55am Pilates Fundamentals Youth Movement Studio Staff	8:30-9:45am Gentle Yoga Maryann
10:00-11:30am Yoga II/III Jessica	8:00-8:55am Pilates Maryann	12:00-1:00pm Pilates Kathleen	9:00-9:55am Yoga I Lori	8:30-9:45am Restorative Yoga Amanda N.	8:00-8:55am Pilates Sandi	10:00-11:25am Yoga II Staff
3:00-4:30pm Yoga I/II Nancy	9:00-9:55am Yoga I Joe	3:00-4:30pm TriYoga Flows® (I/II) Pam	Feldenkrais® \$ (see flyer for details)	10:45-11:55am Gentle Yoga (G) Jessica	9:00-9:55am Pilates Aerobics Studio Suzanne	3:45-5:00pm Basic Yoga (I) Jennifer R.
4:40-5:55pm Prenatal Yoga (G) Anja (Sign up required)	1:00-2:15pm Yoga I/II Nancy	5:00-6:00pm Chi Gung Willow	1:00-2:15pm Yoga I Julie	3:00-4:25pm Yoga I Scotty	9:00-10:15am Yoga I/II Jessie	5:15-6:15pm Basic Yoga (I) Daniel
5:30-6:25pm Pilates Main Gym Kelly K.	4:40-5:40pm Pilates Kendal	5:30-6:25pm Pilates Main Gym Amy Power	4:40-5:40pm Pilates Nicole	6:00-7:00pm Pilates Suzanne	10:30-11:45am Basic Yoga (I) Julie	6:30-7:30pm Meditation Daniel
6:15-7:30pm Kundalini Yoga (I/II) Cheryl Slicker	5:15-6:30pm Yoga I/II Family Gym Nicole	6:15-7:25pm Prenatal Yoga (G) Betsy (Sign up required)	5:15-6:30pm Yoga II Family Gym Jason		12:00-1:30pm Yoga III Jessica	
7:35-9:00pm Yoga II Joe	6:00-7:15pm Yoga I/II Nancy	7:35-9:00pm Yoga III Jason	Feldenkrais® \$ (see flyer for details)			
8:30-9:30pm Pilates Aerobics Studio Kendal	6:35-7:20pm Pilates Fundamentals Main Gym Maryann		7:35-9:00pm Yoga II Treina			
	7:35-9:00pm Basic Yoga (I) Treina					

## MARTIAL ARTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:00-12:00pm Tai Chi Mind/Body Center Open Practice		\$ Beg/Int Tai Chi (see flyer for details)		12:00-1:45pm Shotokan Karate Aerobics Studio	
	7:00-8:25pm Basic Shotokan Karate Family Gym		11:00-12:00pm Tai Chi Jodi			
			7:00-8:25pm Shotokan Karate Family Gym			

# GROUP EXERCISE CLASS DESCRIPTION

## Downtown Berkeley YMCA

February 1 - 29, 2012

**Key:** The '+' designates level of intensity and/or complexity of choreography.

+ = Suitable for all levels.

++ = Geared towards beginning/intermediate or intermediate participants.

+++ = Class designed with the needs of the intermediate or advanced participant in mind.

Instructors subject to change.

All classes and scheduled activities are based upon minimum enrollments and are subject to change.

Classes may be cancelled or combined due to low enrollment.

Must be 14 or older to participate.

### Contact Information

- For more information about Group Fitness classes, call 510-665-3245.
- Check the web site [www.ymca-cba.org](http://www.ymca-cba.org) for class information.
- See Adult Aquatic Schedule for Aquatic fitness classes.

### Helpful Hints /

#### Safety Precautions

- Consult your physician prior to starting an exercise program.
- Drink plenty of water while exercising
- Class space is limited. Please come on time. If you are more than 10 minutes late for a class, you may not be allowed to enter the class due to safety and disruption issues!
- Proper footwear required.
- Work out at your own pace.
- Yoga (G, I, II, III: G is most gentle, III is advanced)

## CARDIO, DANCE, STRENGTH & CONDITIONING

**Afro-Brazilian Dance** – This class features influences of Brazilian traditions with both traditional and popular dances such as Rio Samba, Samba de Roda, Samba Reggae, Orixá Dance, Xaxado, Puxada de Rede, Maculele, Frevo, Capoeira and Maracatu. It is a high-energy workout for all levels. (AM: Su) +

**Body Sculpt** – A great cross training workout that concentrates on strengthening and toning the muscles of the entire body. Weights, bands and tubing are utilized. Note: Saturday morning class conducts a circuit the 1<sup>st</sup> Sat. of every month. (AM: Su, Tu, W, Sa; PM: M, Tu, W, Th, F) +

**Bollywood** – Bollywood is a dance form of Indian moves. It is an energetic dance style based on a medley of Indian folk dance, Indian classical dance, Indian contemporary dance, Hip-hop and Jazz. It involves full body movement, interesting facial expressions and graceful hand movement. (PM: M) +

**Brazilian Samba** – Groove at your own pace in this high energy Brazilian dance class. Enjoy a positive and uplifting exercise environment as you shake your body to a variety of Brazilian and Latin music! Prepare to sweat as we explore Brazilian dance, carnival-style, samba and the more percussive rhythms of afro-Brazilian dance. (PM: F)

**Cardio Dance** – A dance aerobics class for those who want great music and movement basics. (PM: Th) +

**Cardio Dance Plus** – A more challenging low-impact cardio dance class. Excellent for the experienced participant. (AM: M, W, Th, F) ++

**Cardio Kickboxing** – Kick & punch your way to a better body and a better you! Expect to sweat as you work through combinations that sculpt your muscles, challenge your heart, and reduce your stress level. (PM: M, Tu) +++

**Core Strength** – A mat based class designed to strengthen and lengthen the torso and limbs through exercises inspired by Pilates and traditional calisthenics. (PM: Tu, Th) +

**Hip Hop** – This dance class gives you the opportunity to listen to great beats while getting funky. \*Basic class indicates emphasis on fundamentals. Beginning class is an introductory class- great for newcomers! (AM: Sa) +; (PM: Th) +; (AM: Su) ++ ; (PM: M, W, F) ++

**Latin Dance** – A great combination of different basic Latin music steps taught in a high-energy aerobics format, a great way to get your heart pumping. (PM: Tu) +

**Latin Fusion** – Salsa, Reggaeton, Samba, Bachata, Rumba, Merengue for fun and fitness. (AM: Tu) +

**NIA Dance** – A Nia Dance is a joy-filled movement practice that combines dance arts, martial arts and healing arts all set to fantastic music. Nia delivers a balanced cardio, strengthening and toning workout that is fun and inspiring. Build strength, flexibility and agility while using simple and easy steps. (AM: M) +

**Salsa Fusion** – A choreographed workout to a Salsa/Reggaeton music which helps improve coordination and at the same time gives you a fun cardiovascular mind workout. (AM: 1st Tuesday of month, PM: Th)

**Senior Aerobics** – Step, fitness walking, and dance aerobics for the active older adult. Additional strength training with weights and elastic resistance helps build bone density, and provides stretch/stress release for the joints. (AM: M, Th) +

**Step (Basic, I)** – A cardio class executed on and around a step bench. This class is sure to get your heart pumping and keep your body moving! \*Basic class indicates emphasis on fundamentals. (PM: M)

**Total Body Challenge** – Maximize your time and challenge your body with both cardio and/or sculpting in the same hour. Cardio activities vary. (AM: Sa; PM: M, W, F) ++

**World Beat Dance** – Workout to the rhythms of the world. Class ends with strength, core and stretch. Suitable for all levels; moms and babies (pre-crawling and walking) welcome. (AM: Tu, Th) +

**ZUMBA®** – Combines high energy and motivating music with unique moves and combinations that allow the participants to dance away both worries and calories. It is based on the principle that a workout should be "FUN AND EASY TO DO" in order for Zumba® participants to stick to the Zumba® fitness program to achieve long-term health benefits. Zumba® is not only great for the body, but is also great for the mind. (AM: Th, Sa; PM: M, Tu, Th) +

## GROUP INDOOR CYCLING

This non-impact cardiovascular workout is performed to music on specially designed stationary bikes. While climbing, sprinting and cruising build your cardiovascular endurance and take your training to another level.

Tickets are required for participation in all Cycle Plus classes. 10 tickets are distributed 1 hour before class and 20 tickets are distributed 30 minutes before the class. Ticket distribution is done at the Welcome Desk. Only one ticket per member and member must pick up their own ticket.

If you are not on your bike when the class starts the instructor can assign the bike to a waiting participant.

# GROUP EXERCISE CLASS DESCRIPTION (continued)

## Downtown Berkeley YMCA

### MARTIAL ARTS

**Shotokan Karate** – Traditional Japanese martial art designed to encourage overall fitness, self-confidence, and skill. Instruction provided by class leader. (PM: Th, Sa)

**Basic Shotokan Karate** – Indicates emphasis on fundamentals. (PM: Tu)

**Tai Chi** – Wu Style Tai Chi is an exercise method with many health benefits. This class will cover warm-ups, gentle stretching, the 24 movement simplified form and basic Chi-Gung exercises. Drop-in (AM: Tu, Th) +

### MIND/BODY

**Prenatal Yoga (G)** – Designed to help pregnant women prepare for childbirth and their changing bodies. A doctor's recommendation is strongly encouraged prior to beginning this class. The physical benefits of flexibility and strength give more confidence to pregnant woman and increase their sense of well being. Must register by calling 665-3208. Must be a Berkeley YMCA Full-Service member to participate. (PM: M, W)

**Ashtanga Yoga** – Builds strength, flexibility and stamina. The series of about 75 poses takes an hour and a half to complete, beginning with sun salutations and moving on to standing poses, seated poses, inversions and backbends before relaxation.

**Gentle Yoga** – Emphasis on breathing techniques and relaxation. Increases flexibility and calmness in a gentle way. Beginners are welcome at any time.

**Basic Yoga (I)** – Establish a foundation and acquire a taste for the fundamentals of yoga. Great for the beginner participant or the yogi who likes to keep it simple! (AM: Sa; PM: Su, Tu)

**Chi Gung** – Chi Gung is an amazing energy-producing Chinese technique that combines focused concentration with simple movements and balanced breathing. (PM: W) +

**Healing Yoga (G)** – A class geared toward the older adult and the participant seeking a more forgiving approach to yoga. The participant will enjoy the benefits of increased flexibility, awareness, and relaxation. (AM: F)

**Kundalini Yoga (I/II)** – An invigorating class incorporating breath with dynamic movement and meditation, unifying the energies of the mind, body, and spirit. (PM: M)

**Meditation** – This class is an introduction to the basics of "mindfulness mediation" the art of awareness of mind and body. Participants learn various forms of mediation such as sitting, walking, breathing practices, and have a bit of teaching and discussion. Suitable for beginners and experienced meditators. (PM: Su)

**Pilates** – This class consists of exercises designed to create pelvic stabilization and abdominal control. It incorporates joint mobility, strengthening of the limbs and "core" stability. All levels welcome, but beginners encouraged to attend Pilates Fundamentals. Held Tuesday evenings and Saturday mornings\*Basic class indicates emphasis on fundamentals. (AM: Tu,Th Sa; PM: M, Tu, W, Th, F) +

**Pilates Fundamentals** – Pilates Fundamentals are exercises that teach the basic movement principles upon which Pilates exercises build and encourage better posture and graceful efficient movement in everyday life. (AM: Sa; PM: Tu)

**Restorative Yoga (G)** – This class focuses on bringing your body and mind to a state of relaxation through supported poses that are still, restful, and nourishing. Blankets, straps, and blocks are commonly used. (AM: M, W, F)

**TransDance®** – TransDance integrates elements of tribal motion, freestyle jamming, moving meditation and active imagination into a potent, playful and prayer-full dance experience. (AM: W; PM:Tu) +

**TriYoga Flows® (I/II)** – A complete hatha yoga method emphasizing the union of posture, breath and focus. Founded by yoga master Kali Ray, the flows — sequences of postures — allow students to systematically develop flexibility, strength, and endurance while working at their own level of ability. We practice each flow for a month giving students time to gain mastery through repetition before moving to the next series. (AM: Tu, F; PM: W) +

**Yoga I** – These classes continue to build upon the fundamental postures and techniques of yoga for the beginning or returning participant; they help to increase flexibility, strength, endurance, and balance. (AM: Tu, Th; PM: Th, F)

**Yoga I/II** – Designed for individuals who would like to continue practicing Yoga I basic poses and like to try Yoga II poses before committing to a Yoga II class. (AM: Sa; PM: Su, M, Tu)

**Yoga II** – Moves level I participants through increasing levels of complexity, strength and flexibility. (AM: Su; PM: M, Th)

**Yoga II/III** – Designed for individuals who would like to continue practicing Yoga II poses and like to try Yoga III poses before committing to a Yoga III class. (AM: M)

**Yoga III** – Appropriate for the student with a regular yoga practice who has become proficient with most postures and is ready for more challenging and accelerated instruction. (PM: W, Sa)

## \$ ADDITIONAL CHARGE CLASSES

(Please see individual flyers)

**\$ Feldenkrais®** – Through the lessons based on the work of Dr. Moshe Feldenkrais, learn to reduce unnecessary effort and strain, and improve coordination, posture, and flexibility.

**\$ Beginning Tai Chi** – See Tai Chi description



# AQUATICS PROGRAMS

## Downtown Berkeley YMCA

Schedule is effective January 3 - June 3, 2012.

### LAP POOL: LAP SWIMMING HOURS, CLASSES & PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-10:00pm Adult Lap Swim	6:00am-10:00pm Adult Lap Swim	6:00am-10:00pm Adult Lap Swim	6:00am-10:00pm Adult Lap Swim	6:00am-10:00pm Adult Lap Swim	7:30am-7:30pm Adult & High School Lap Swim	7:30am-7:30pm Adult & High School Lap Swim
6:00am-8:00pm High School Lap Swim	6:00am-8:00pm High School Lap Swim	6:00am-8:00pm High School Lap Swim	6:00am-8:00pm High School Lap Swim	6:00am-8:00pm High School Lap Swim		
9:30-10:30am 11:00am-12:00pm Aqua Aerobics	7:00-8:00am TRI/MA 11:00-11:55am Aqua Aerobics	9:30-10:30am 11:00am-12:00pm Aqua Aerobics	7:00-8:00am TRI/MA 11:00-11:55am Water Circuit	11:00am-12:00pm Aqua Aerobics 12:00-12:45pm Water Pilates	9:00-10:00am 10:30-11:30am Aqua Aerobics	5:00-7:00pm 7-up Lap Swim
3:30-4:45pm 7-up Lap Swim	3:45-6:15pm YMCA Swim Lesson \$	12:00-12:45pm Water Pilates	3:45-6:15pm YMCA Swim Lesson \$	5:00-7:00pm 7-up Lap Swim	11:40am-2:30pm Youth Swim Lessons \$	
4:45-7:25pm YMCA Swim Lesson \$	8:00-8:45pm Adult Swim Lessons (Beg. II) \$	3:30-4:45pm 7-up Lap Swim	8:00-8:45pm Adult Swim Lessons (Beg. II) \$			
7:00-8:00pm Aqua Aerobics		4:45-7:25pm YMCA Swim Lesson \$				
8:00-8:45pm Adult Swim Lessons (Int.) \$		7:00-8:00pm Aqua Aerobics				
		8:00-8:45pm Adult Swim Lessons (Int.) \$				

### SHALLOW POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-10:00am Adult Open Exercise	7:30-10:00am Adult Open Exercise	7:30-10:00am Adult Open Exercise	7:30-10:00am Adult Open Exercise	7:30-10:00am Adult Open Exercise	8:30am-2:30pm YMCA Swim Lessons \$	9:00-10:30am Adult Open Exercise
10:00-11:00am Parent/Child Classes \$	10:00-11:00am Washington School \$	10:00-11:00am Parent/Child Classes \$	10:00-11:00am Parent/Child Classes \$	10:00-11:00am* YMCA Swim Lessons \$	2:00-4:30pm Private Lessons \$	10:30-11:00am 11:00-11:30am 11:30am-12:00pm
11:00-11:30am 11:30am-12:00pm Tiny Waves	11:00am-12:00pm BUSD \$	11:00-11:30am 11:30am-12:00pm Tiny Waves	11:00-11:55am VIA Center / BUSD \$	11:00-11:30am 11:30am-12:00pm Tiny Waves	4:00-4:35pm (Session I) 4:40-5:15pm (Session II) 5:20-5:55pm (Session III) Family Swim*	12:00-12:30pm Tiny Waves*
1:00-1:55pm Water Fitness	12:00-1:00pm Adult Open Exercise	1:00-1:55pm Water Fitness	12:00-1:00pm Adult Open Exercise	1:00-1:55pm Water Fitness	6:00-7:00pm Adult Open Exercise	12:30-1:30pm Splash Party \$
2:00-2:45pm Arthritis (AFYAP)	1:00-1:55pm Tiny Waves	2:00-2:45pm Arthritis (AFYAP)	3:00-3:30pm Swim & Gym Program \$	2:00-2:45pm Arthritis (AFYAP)	7:00-7:45pm Kids Night Out	1:30-2:30pm Adult Open Exercise
3:00-5:00pm Private Lessons \$	2:00-3:00pm Alta Bates Inpatient \$	3:00-5:00pm Private Lessons \$	3:00-4:00pm Private Lessons \$	3:00-5:00pm Adult Open Exercise*		2:30-3:15pm (Session I) 3:20-4:05pm (Session II) 4:10-4:55pm (Session III) Family Swim
5:00-7:15pm YMCA Swim Lessons \$	3:00-4:00pm Private Lessons \$	5:00-7:15pm YMCA Swim Lessons \$	4:00-6:15pm YMCA Swim Lessons \$	5:00-6:00pm SNAP \$		
7:15-8:10pm Family Swim*	3:00-3:30pm Swim & Gym Program \$	7:15-7:40pm Family Swim*	6:15-7:10pm Family Swim*	6:00-7:00pm Prenatal Exercise		5:00-6:00pm Splash Party \$
8:15-9:00pm Adult Open Exercise*	4:00-6:15pm YMCA Swim Lessons \$	7:45-8:10pm Family Swim*	7:15-8:00pm Adult Swim Lessons (Beg. I) \$	7:00-7:40pm (Session I) for ages 6 & under ONLY 7:45-8:25pm (Session II) 8:30-9:10pm (Session III) Family Swim		
	6:15-7:10pm Family Swim*	8:15-9:00pm Adult Open Exercise*	8:00-8:45pm Adult Open Exercise*			
	7:15-8:00pm Adult Swim Lessons (Beg. I) \$					
	8:00-8:45pm Adult Open Exercise*					

GRACE'S POOL SCHEDULE SEE PAGE 2.

### DOWNTOWN BERKELEY YMCA

2001 Allston Way, Berkeley 94704

P 510 848 9622 F 510 848 6835 www.ymca-cba.org

Adult Lap Swim (18 years & older)

High School Lap Swim (14 years & older)

Adult & High School Lap Swim (14 years & older)

\$ = Additional fee required, and advance registration.

\*A portion of Open, Family Swim and Adult Open Exercise will be used for private swim lessons.

Aqua Aerobics and Aqua Fitness classes exercise with music. Pool area can be noisy during these classes.

Lap lanes are open during all pool hours, although the number of lanes available vary depending on other programs (swim lessons, water fitness, and etc.) in progress.

## GRACE'S POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am-1:00pm Adult Open Exercise / Lap Swim	8:30-10:00am Adult Open Exercise / Lap Swim	8:30-10:00am 11:30-1:00pm Adult Open Exercise / Lap Swim	8:30-10:00am Adult Open Exercise / Lap Swim	8:30-10:00am 11:30-1:00pm Adult Open Exercise / Lap Swim	9:30am-2:30pm YMCA Swim Lessons \$	1:00-2:30pm SNAP
3:00-6:30pm YMCA Swim Lessons \$	12:05-1:00pm Deep Water Aerobics	10:00-11:00am Alta Bates Outpatient \$	10:00-11:00am BUSD \$	1:00-1:45pm Deep Water Pilates	2:00-4:30pm Private Lessons \$	2:30-3:30pm Adult Open Exercise / Lap Swim
6:30-7:30pm Prenatal Exercise	1:00-2:00pm Adaptive Deep Water Aerobics	1:00-1:45pm Deep Water Arthritis	12:05-1:00pm Deep Water Aerobics	4:30-6:00pm Adult Open Exercise / Lap Swim	3:00-5:00pm* Open Swim	3:30-4:30pm Open Swim
7:30-8:30pm* Open Swim	3:30-6:15pm YMCA Swim Lessons \$  6:15-7:15pm* Open Swim  7:15-8:15pm* Deep Water Exercise	3:00-6:30pm YMCA Swim Lessons \$  4:00-5:00pm* Open Swim  7:15-8:15pm* Open Swim	3:30-6:15pm YMCA Swim Lessons \$  6:15-7:15pm* Open Swim  7:15-8:15pm* Deep Water Exercise	6:00-7:00pm SNAP \$  7:00-8:00pm* Open Swim (Session I)  8:00-9:00pm* Open Swim (Session II)	5:00-6:00pm Adult Open Exercise	

\$ = Additional fee required, and advance registration.  
\*A portion of Open, Family Swim and Adult Open Exercise will be used for private swim lessons.

## ADULT SWIM LESSONS

### Monday & Wednesday Group Classes

Sessions	Reg.	Classes per Session
Jan. 4 - 25	Dec. 7 - Jan. 4	6 (No Class 1/16)
Jan. 30 - Feb. 22	Jan. 11 - 30	8
Feb. 27 - March 21	Feb. 8 - 27	8
March 26 - April 18	March 7 - 26	6 (No Class 4/2, 4/4)
April 23 - May 16	April 9 - 23	8

### Tuesday & Thursday Group Classes

Sessions	Reg.	Classes per Session
Jan. 3 - 26	Dec. 7 - Jan. 3	8
Jan. 31 - Feb. 23	Jan. 11 - 31	8
Feb. 28 - March 22	Feb. 8 - 28	8
March 27 - April 19	March 7 - 27	6 (No Class 4/3, 4/5)
April 24 - May 17	April 9 - 24	8

## ADULT SWIM LESSONS

Group instruction is available for all levels and abilities. Sessions are 4 weeks; lessons are twice-a-week. For questions regarding Adult Swim Lessons, contact the Associate Aquatic Director at 510 665 3258.

### BEGINNER I

This class is a water adjustment class for beginning swimmers, designed to develop basic preliminary swimming skills including: basic kicking skills (flutter kick), and front and back float. No pre-requisite.

Tuesdays & Thursdays 7:15-8:00pm Shallow Pool

Full Service \$68 / Program Members \$95

### INTERMEDIATE

This class builds basic swimming skills. Ability to do front/back float and front/back kick recommended. In this class, the swimmer will learn: basic freestyle stroke technique, basic backstroke technique, and preparation for "real world" lap swimming.

Tuesdays & Thursdays 8:00-8:45pm Lap Pool

Full Service \$68 / Program Members \$95

### ADVANCED

This class provides the skills to swim longer distances, with encouragement and motivation from an instructor and fellow swimmers. In this class, the swimmer will learn: stroke refinement and side-breathing, increase distance per stroke, and introduction of breaststroke and open turns.

Mondays & Wednesdays 8:00-8:45pm Lap Pool

Full Service \$68 / Program Members \$95

### SWIM LESSON POLICIES

- Full Service or Program Membership is required for participation.
- There are **NO MAKE-UP LESSONS** for missed classes or sessions.
- All fees are nonrefundable unless classes are cancelled by the YMCA or if you are unable to attend due to illness, and have a doctor's note.
- To receive a refund you must cancel before the first lesson begins by contacting the Associate Aquatic Director at 510 665 3258. There will be a \$25 processing fee or a voucher can be added.

## PRIVATE SWIM INSTRUCTION FOR ADULTS

Private swim lessons are taught by qualified YMCA personal swim instructors. After an initial assessment, private swim instructors help members improve their swimming skills through drills, encouragement and coaching. Available on a limited basis. To schedule an appointment, contact the Associate Aquatic Director at 510 665 3258. No reimbursements or refunds available for missed training sessions. Cancellations must be made 48 hours in advance to reschedule at no additional cost.

Full Service: \$120 for four lessons / \$232 for eight lessons

Program Members: \$152 for four lessons / \$299 for eight lessons

Code: (F9) Transaction #76

## AQUATIC FAMILY RECREATION PROGRAMS

### GENERAL POLICIES

- Available for Full Service only. Welcome Desk may ask to see member I.D. card when picking up tickets.
- A 25 participant: 1 lifeguard ratio will be kept at all times for sessions not requiring tickets. Participants may be asked to wait in the hallway if the pool is at capacity. Lifeguards will let new swimmers in as members get out.
- Children between the ages of 6 months – 4 years of age are required to be within arms reach of a parent/guardian 18 years or older at all times.
- Children between the ages of 6 months – 13 years of age must be directly supervised in the water by a parent/guardian 18 years or older at all times.
- A 4 child:1 adult ratio will be enforced at all times (for Family Swims and Open Swims)
- Only Coast Guard and YMCA approved flotation devices are permitted and are available upon request.
- Children not potty trained are required to wear rubber pants or swim diapers (not regular diapers).

### 7-UP LAP SWIM – LAP POOL

For kids 7 years and older with parent/guardian

Lap swimming open to Full Service Members with their children, age 7 and older, who are competent lap swimmers (Fish level and above).

- Must be at least four feet tall.
- Participants must pass swim test to participate: **Swim Test:** Must swim length of the pool (25 yards) without stopping. Must swim a recognized stroke on their stomach; face down demonstrating the ability to breathe.
- Adults must accompany children in the same lane with no exceptions.
- Children who cannot yet swim 25 yards without stopping, or who cannot adhere to lap swim etiquette will be asked to use Open Swim or Family Swim times.

### TINY WAVES – SHALLOW POOL

For kids 6 months to 4 years with parent/guardian

- Tickets are only needed for the Sunday sessions and are distributed 15 minutes before the scheduled session at the Welcome Desk (**no in and out policy with tickets**) (25 tickets available).
- The white basket of toys and orange back-packs are the only items permitted during Tiny Waves.
- Full Service members enrolled in swim lessons may stay and attend Tiny Waves following their lessons.

### FAMILY SWIM – SHALLOW POOL

For kids 6 months to 13 years with parent/guardian

- Tickets are required for every person entering the pool and for all family swim sessions (no in and out policy with tickets.) They are distributed 15 minutes before the scheduled session at the Welcome Desk. (25 tickets available)
- The white basket of toys and orange back-packs are the only items permitted during Family Swim.
- This program is not for adult members who wish to lap swim or exercise without children.
- Friday nights will have 25 tickets available.

### OPEN SWIM – GRACE'S POOL

For families (children 6 months and above) and adult members

- Tickets are required for Friday night open swim. Tickets are distributed 15 minutes before the scheduled session and are available at the Welcome Desk (no in and out policy with tickets) (25 tickets available).
- A Lifeguard may ask a participant to pass a swim test to participate: **Swim Test:** Must swim length of the pool without stopping. Must swim a recognized stroke on their stomach; face in the water as well as demonstrating the ability to breathe.
- Only those who can pass the **Swim Test** are permitted in the deep area of the pool. Members/children may wear a life jacket in place of the swim test, back-packs are not allowed in the deep end.
- For safety reasons lap swimming is not permitted during open swim time.
- High School Members age 14 – 17 may attend Open Swim without a parent or guardian, Monday through Sunday. Parents/guardians are responsible for prompt pick-up and drop-off of unaccompanied teens.
- Exercise equipment is permitted for use during Open Swim for adults 18 and over, otherwise the orange back-packs and life jackets are the only item available for use.

## AQUATIC EXERCISE CLASSES

### AQUA GROUP EXERCISE CLASSES

**Aqua Aerobics** – A low-impact aerobic workout designed to work every major muscle group. The water's buoyancy decreases stress on hips, knees, ankles and feet. No swimming skills required. (M/Tu/W/F/Sat am, W pm, Tu/Th pm)

**Deep Water Exercise / Aerobics** – A non-impact aerobic class. You will be guided through exercises traditionally performed on land, including running, cross-country skiing, aerobics and dance. Swimming skills are not required, but participants should be comfortable in deep water. (Tu/Th noon, Tu/Th pm)

**Adaptive Deep Water Aerobics** – This class focuses on gentle exercises designed for people with disabilities, MS, Arthritis, and other special needs. The Y will attempt to make accommodations for members as needed, but those who can not be independent in the water will need to bring an attendant. (Tu pm)

**TRI/MA** – Masters swim workouts. Each workout includes a warm-up, main set, stroke mechanics, stroke drills, and a cool-down. Triathletes and competitive swimmers are highly encouraged to attend. For Downtown Berkeley YMCA Full Service Members only. (Tu/Th am)

**Water Circuit** – Focus on cardio conditioning and strengthen all major muscle groups in this fun and challenging class. Designed to improve your stability and balance. Move from station to station, work at your own pace, and have fun! All levels welcome! (Th am)

**Aqua Zumba®** – Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and, most of all, FUN AND EASY TO DO! (Tu pm)

### AQUA MIND-BODY CLASSES

**Water Pilates / Deep Water Pilates** – This class creatively adapts Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace. Improve posture and body awareness. Learn how to move the body as an integrated whole. (W/F pm) (Deep Water F pm)

### AQUA WELLNESS CLASSES

**Arthritis Program (AFYAP) / Deep Water Arthritis** – The Arthritis Foundation YMCA Aquatic Program (AFYAP) is a warm-water (88-90° F) recreational exercise program designed to alleviate the pain and stiffness associated with arthritis. It may also increase your range of motion. Taught by an Arthritis Foundation and YMCA certified instructor, swimming ability is not necessary to participate in the program. (M/W/F pm) (Deep Water W pm)

**Prenatal Water Exercise** – This class offers moderate to vigorous exercise and stretching designed specifically for pregnant women. An excellent way to meet other soon-to-be moms. (M/F pm)

**Water Fitness** – This class uses the resistance of the water to help increase muscle tone, flexibility, range of motion and strength. Less strenuous than aqua aerobics and ideal for rehabilitating injured muscles and joints, it is an excellent program for seniors. (M/W/F pm)

### AQUA EXERCISE CLASSES GENERAL INFORMATION

Unless marked with a \$ symbol, all classes are drop-in and free to Downtown Berkeley YMCA Full Service Members.

- Schedule and instructors subject to change.
- Look for modified holiday schedules.
- Class space is limited. Please come on time.
- Members must be actively participating in all aqua classes. If members are not participating or are disrupting the class they may be asked to leave.
- If you are more than 10 minutes late for a class, you may not be allowed to enter the class due to safety and disruption issues.
- All classes and scheduled activities are based on minimum enrollments and subject to change.
- Classes may be cancelled or combined if enrollment is low.

## GENERAL INFORMATION

### LAP POOL INFORMATION

The Lap Pool is a seven-lane 25-yard pool that is 4 feet deep. One lane is designated for water walking and the disabled. The pool temperature averages 80 – 82 °F. It is equipped with a hydraulic swim lift. The number of lanes available will vary depending on other programs in progress.

### SHALLOW POOL INFORMATION

The Shallow Pool is a 30-foot square pool that is 2' 9" – 3' 2" deep. The pool temperature averages 90 – 92 °F. It is equipped with a hydraulic swim lift.

### GRACE'S POOL INFORMATION

Grace's Pool is 20 yards long with a shallow end of 3' 6" feet and a deep end of 7 feet. The temperature averages 88 – 90 °F. It is equipped with a hydraulic swim lift.

## LAP POOL & SPA GENERAL INFORMATION

### LAP SWIMMING ETIQUETTE

1. Swimmers must enter the Lap Pool at the end closest to the lifeguard.
2. Maximum number of swimmers in each lap lane is six.
3. Maximum number of walkers in the walking lane is ten.
4. Swimmers are required to inform all other swimmers in the lane before entering.
5. If there are 2 or less swimmers in a lap lane, the lane should be split.
6. All swimmers must "circle swim" if there are more than 2 swimmers in a lane. Slower swimmers should stop at the wall and allow faster swimmers to pass.
7. Lanes are designated "walking", "slow", "medium" and "fast". Please select the appropriate lane for your ability.
8. Lifeguards reserve the right and are expected to ask swimmers to move to another lane to facilitate traffic flow in the lanes.

### HIGH SCHOOL LAP SWIMMING (14 YEARS AND OLDER)

High School Members may use the Lap Pool and spa during the following hours:  
Monday – Thursday 6:00am – 8:00pm  
Friday: 6:00am – 10:00pm (all day)  
Saturday & Sunday: 7:30am – 7:30pm (all day)

High School Members (14 and older) who cannot follow lap swimming etiquette will be asked to swim during Open Swim times in Grace's Pool. High School Members can use the spa during High School Lap Swimming hours listed above. High School Members may use the spa without a parent or guardian on Friday, Saturday, or Sunday; Monday through Thursday, may only use the spa after 8:00pm if accompanied by a parent or guardian.

### SPA (6 AND OLDER)

The spa is open whenever the Lap Pool area is open. Spa is available to ages 6 and older when they meet the following requirements:

- Must be accompanied by an adult or guardian. (Adult/Guardian must be in the spa with the child).

### SPA RULES

1. Participants with open wounds or infectious diseases are not permitted in the spa.
2. Spa use is not recommended immediately after intense physical activity.
3. Submerging, exercising or sleeping in the spa is not allowed.
4. If you feel light headed, dizzy, or nauseous or have any other symptoms please exit slowly and notify the lifeguard on duty.
5. Exposure longer than 10 minutes can be hazardous to your health.
6. Pregnant women and people with heart conditions or high blood pressure should not use the spa.
7. Children under the age of 6 are not allowed in the spa.
8. Children between the ages of 6–13 must be directly supervised in the water by a parent or guardian 18 years or older at all times.
9. Spa temperature is 102 degrees. Do not use the spa if the temperature is greater than 104 degrees.
10. Out of respect to all members, we ask that you keep conversations and voice levels to a minimum. A lifeguard may ask members to lower their voices to an appropriate level.
11. Massages are not permitted in the spa.

## GENERAL POOL RULES

1. Swim only when there is a lifeguard present.
2. Lifeguards have the responsibility to enforce rules and regulations and have the authority to remove anyone for unsafe or inappropriate behavior.
3. For your safety, walk slowly on the pool deck!
4. Diving or belly first entries into water less than 9 feet deep are not allowed. Feet first entries only.
5. State law requires you to take a shower before swimming in the pool or spa.
6. Food, glass, drinks and chewing gum are not allowed in the pool areas. Water in an enclosed container is permitted.
7. People with shoulder length hair need to wear a swim cap or tie hair back.
8. Only U.S. Coast Guard approved personal floatation devices are permitted. Inflatable devices of any kind are not allowed in the pool.
9. Aquatic equipment (kickboards, paddles, fins, float-belts, noodles, swim lesson toys and dumbbells) are for adult and instructional use only and must remain in each pool area as designated.
10. Swim Suits are required. Swim Suits must be youth friendly and non-revealing.
11. No street shoes on the pool decks with the exception of Aquatics and Maintenance staff.
12. YMCA members are not allowed to bring in guests, other members or off duty YMCA swim instructors to teach private and/or group lessons. No instruction is allowed that is or can be perceived by either the Aquatics Director/Aquatic Staff/or YMCA members as Group Instruction/Private Lessons.  
A parent working with their child is acceptable.
13. Babies must wear non-disposable approved swim diapers or plastic pants in the water.
14. All children under the age of 14 must be accompanied in the water by a parent/guardian unless enrolled in a supervised program with YMCA staff (swim lessons, Fit Kids).
15. Children may not sit or play in the pool during aqua aerobics, lap swim, or swim lessons.
16. All members are responsible for replacing any equipment used during their workouts. A lifeguard may ask members to put away their equipment.

## ADULT OPEN EXERCISE

- Aquatic equipment (kickboards, paddles, float belts, noodles and dumbbells) are for adult and instructional use only and must remain in the designated pool area
- Swimmers shall swim in the lane closest to the wall with the windows and lane lines
- Stationary/walking participants shall use the area closest to the steps
- Swimmers may be asked to wait until appropriate lane space is available
- Participants may be asked to move and/or circle swim/walk if they are using more space than needed

## CONTACT US

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