



AQUATICS

(540) 943-9622 ext. 206 | ymcaaquatics@lumos.net

FAMILY SWIM

Free for members. All ages welcome. Call front desk for this week's family swim times. 540-943-9622.

POOL MOVIE NIGHTS

Watch a movie in the Pool! Bring family and floaties. Spaces limited, registration required. Y Member: \$7 first child \$3 additional child Non-member: \$10 first child \$5 additional child

Remaining dates for the Movie Night Summer 2023 series:

August 11th 6:00-8:00pm
Register by August 9th

September 15th 6:00-8:00pm
Register by September 13th

TEEN NIGHTS

Shoot hoops, play games, go for a swim, and eat pizza with your friends. Ages 11-17 or 6th grade to HS senior. \$15 per person (\$5 sibling discount will apply).

Remaining dates for the Teen Night Summer 2023 series:

August 25th 7:00-9:30pm
Register by August 23rd

September 15th 7:00-9:30pm
Register by September 13th

October 27th 7:00-9:30pm
Register by October 25th

LIFEGUARD CERTIFICATION CLASSES & CPR/AED/FIRST AID CLASSES

Returning Soon! For lifeguard classes, prerequisites are as follows: Must be 15 years or older. Must be able to swim a 300m Freestyle or Breaststroke. Must be able to swim a 25m, dive down and grab a 10lb brick then swim on back carrying brick 25m in under 1 minute 40 seconds. Must be able to tread water with hands under armpits for 2 minutes.

Call front desk for upcoming classes. 540-943-9622.

WATER FITNESS CLASSES

Monday-Friday 8:00-10:00am
8:00-9:00 Deep Water Fitness
9:00-10:00 Shallow Water Fitness

Monday/Tuesday/Thursday 6:00-7:00pm
Monday Aqua Aerobics Fitness
Tues/Thurs Aqua Zumba

