



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING FOR EVERYONE

Fall Aquatics Department Schedule JACKIE ROBINSON FAMILY YMCA

Y Swim Lessons \$

Designed with a guided discovery approach to learning. All ages welcome.

Stingrays \$

The Stingrays swim team practices five times per week and competes one time per month in the county wide YMCA Swim League. Tryout required.

Parent & Child \$

Swimmers 6 months-2 years old acclimate to the water with the help of a certified swim instructor.

Open Swim

Un-structured swim time to enjoy with the family.

Lap Swim

Lap Swimming for fitness seekers. 1-3 lanes available.

Stroke Clinic

Every Saturday we focus on a different swimming stroke. Be prepared to perfect your Butterfly, Backstroke, Breaststroke, & Freestyle. Must be comfortable swimming in deep water.

Aqua Fit /Aqua Boot Camp

Splash your way into shape with this shallow water workout for the whole family. Low impact water cardio is excellent for joint health and compliments land based exercise. Great for non-swimmers.

Teen/Adult \$

Instruction based class designed for the adult swimmer with beginner or intermediate swimming experience.

Breeanna Bailey Aquatics Director

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Boot Camp 8:00am-9:00am	Lap Swim 8:00am-10:00am	Aqua Fit 8:00am-9:00am	Lap Swim 8:00am-10:00am	Lap Swim 8:00am-10:00am	Lap Swim 8:00-9:00am	
Open/Lap Swim 9:00am-10:00am		Open/Lap Swim 9:00am-10:00am			Y Swim Lessons 8:00am-1:30pm	
Lap Swim 3:30pm-5:00pm	Lap Swim 3:30pm-5:00pm	Lap Swim 3:30pm-5:00pm	Lap Swim 3:30pm-5:00pm		Aqua Boot Camp 9:00am-10:00am	
Y Swim Lessons 3:30pm-7:00pm	Y Swim Lessons 3:30pm-7:00pm	Y Swim Lessons 3:30pm-7:00pm	Y Swim Lessons 3:30pm-7:00pm		Parent & Child Swim Class 10:00am-10:30am	
Parent & Child Swim Class 3:30pm-4:00pm	Parent & Child Swim Class 3:30pm-4:00pm	Parent & Child Swim Class 3:30pm-4:00pm	Parent & Child Swim Class 3:30pm-4:00pm		Stroke Clinic 10:00am-10:45am	
Stingrays Practice 5:00pm-7:00pm	Stingrays Practice 5:00pm-7:00pm	Stingrays Practice 5:00pm-7:00pm	Stingrays Practice 5:00pm-7:00pm	Stingrays Practice 5:00pm-7:00pm	Teen/ Adult Beginner 11:00am-11:45am	
Open/Lap Swim 7:00pm-7:30pm	Teen/ Adult Intermediate 6:00pm-6:45pm	Open/Lap Swim 7:00pm-7:30pm	Open/Lap Swim 7:00pm-7:30pm	Open/Lap Swim 7:00pm-7:30pm	Open/Lap Swim 1:30pm-4:00pm	Open/Lap Swim 12:00pm-4:00pm
	Open/Lap Swim 7:00pm-7:30pm					



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NATACION ES PARA TODOS

Horario del Acuáticos para el Otoño JACKIE ROBINSON FAMILY YMCA

Clases de Natación \$

Diseñadas con un método de enseñar enfocado en el descubrimiento guiado. Para todas edades.

Stingrays (equipo) \$

Los Stingrays, el equipo de natación, practican cinco días a la semana y compiten una vez por mes en la liga de natación del YMCA de San Diego. Prueba requerida.

Padre y Niño \$

Nadadores de 6 meses-2 años se aclimatan al agua con la ayuda de un instructor de natación certificado.

Natación Recreacional

Tiempo para disfrutar con la familia.

Natación de Vuelta

Lap Natación Solicitantes de fitness. 1-3 carriles disponibles.

Clínica de Estilo

Todos los sábados nos concentramos en un estilo de natación diferente. Este preparado para perfeccionar su estilo de mariposa, espalda, braza y libre. Debe estar cómodo nadando en agua profunda. (\$5.00 para participantes sin membresía)

Aqua Fit /Aqua Bootcamp

Póngase en forma con este entrenamiento en la alberca. Clases son en la parte no profunda de la alberca y es para toda la familia. Ejercicio cardiovascular en el agua es excelente para todos niveles de actividad física. Perfecta para personas que no saben nadar.

Clase de Teen/Adulto \$

Clase diseñada para adultos con alguna o ninguna experiencia de natación.

Breanna Bailey

Aquatics Director

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Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
Aqua Bootcamp 8:00am-9:00am	Natación de Vuelta 8:00am-10:00am	Aqua Fit 8:00am-9:00am	Natación de Vuelta 8:00am-10:00am	Natación de Vuelta 8:00am-10:00am	Natación de Vuelta 8:00-9:00am	
Natación Recreacional 9:00am-10:00am		Natación Recreacional 9:00am-10:00am			Clases de Natación 8:00am-1:30pm	
Natación de Vuelta 3:30pm-5:00pm	Natación de Vuelta 3:30pm-5:00pm	Natación de Vuelta 3:30pm-5:00pm	Natación de Vuelta 3:30pm-5:00pm		Aqua Boot Camp 9:00am-10:00am	
Clases de Natación 3:30pm - 7:00pm	Clases de Natación 3:30pm - 7:00pm	Clases de Natación 3:30pm - 7:00pm	Clases de Natación 3:30pm - 7:00pm		Padre y Niño 10:00am-10:30am	
Padre y Niño 3:30pm-4:00pm	Padre y Niño 3:30pm-4:00pm	Padre y Niño 3:30pm-4:00pm	Padre y Niño 3:30pm-4:00pm		Clínica de Natación 10:00am-10:45am	
Practica de Stingrays 5:00pm-7:00pm	Practica de Stingrays 5:00pm-7:00pm	Practica de Stingrays 5:00pm-7:00pm	Practica de Stingrays 5:00pm-7:00pm	Practica de Stingrays 5:00pm-7:00pm	Clase de Teen/ Adulto (Principiante) 11:00am-11:45am	
Natación Recreacional 7:00pm-7:30pm	Clase de Teen/Adulto (Intermedio) 6:00pm-6:45pm	Natación Recreacional 7:00pm-7:30pm	Natación Recreacional 7:00pm-7:30pm	Natación Recreacional 7:00pm-7:30pm	Natación Recreacional 1:30pm-4:00pm	Natación Recreacional 12:00pm-4:00pm
	Natación Recreacional 7:00pm-7:30pm					