

FITNESS CLASSES

BALLET

DAY	TIME	AGES	COST PER MONTH
Thu	4-4:50 p.m.	Ages 3-4	\$45/4 Classes
Wed	6:40-7:30 p.m.	Adult	\$50/4 Classes \$15/Walk-In

KIDS' JAM

DAY	TIME	AGES	COST PER MONTH
Fri	3:15-4 p.m.	3-5	\$45/4 Classes
	4:05-4:50 p.m.	6-10	

HAWAIIAN KEIKI HULA

DAY	TIME	AGES	COST PER MONTH
Mon	3-3:45 p.m.	5-12	\$35/4 Classes, \$10/Walk-In

JIU JITSU

DAY	TIME	AGES	COST PER MONTH
Mon/Wed	6-7:30 p.m.	Adult Advanced	16 & Up: \$95/5 Classes per Week \$85/4 Classes per Week \$60/2 Classes per Week \$8/Walk-In per Week Ages 6-15: \$60/4 Classes per Week \$35/2 Classes per Week
Mon-Thu	5-6 p.m.	9-15	
Tue/Thu	12-1:30 p.m.	Adult	
	6-7:30 p.m.	Adult Beginner	
	4-5 p.m.	6-8	
Fri	5:30-7 p.m.	Adult Competition	
Thu	1:45-2:45 p.m.	Women	\$30/1 Class per Week

SWIM TEAM

DAY	TIME	GROUP	COST PER MONTH
Mon-Thu	3:30-4:30 p.m.	Yellow	\$50
Mon-Thu	4:30-6 p.m.	Blue	
Fri	3:15-4:30 p.m.	Blue & Yellow	

U-JAM FITNESS®

DAY	TIME	AGES	COST PER MONTH
Tue/Thu	5:15-6:15 p.m.	16 & Up	\$20/8 Classes, \$10/4 Classes, \$3/Walk-In

TRADITIONAL KARATE

DAY	TIME	AGES	COST PER MONTH
Mon	4-5 p.m.	5 & Up	\$60/8 Classes \$30/4 Classes
Wed	3-3:40 p.m.	3-4	
	3:45-4:45 p.m.	5 & Up	
Sat	10:40-11:40 a.m.	3-4	
	11:50 a.m.-12:30 p.m.		

TAE KWON DO

DAY	TIME	AGES	COST PER MONTH
Mon & Fri	3-3:45 p.m.	5-7	\$60/8 Classes
	3:45-4:45 p.m.	8-12	

POWER YOGA

DAY	TIME	AGES	COST PER MONTH
Mon/Wed	5:25-6:25 p.m.	16 & Up	\$30/8 Classes, \$15/4 Classes, \$5/Walk-In

BABY YOGA

DAY	TIME	AGES	COST PER MONTH
Tue	4-4:45 p.m.	6 Weeks- 12 Months	\$25/8 Classes, \$15/4 Classes, \$5/Walk-In



NATATORIUM INDOOR POOL

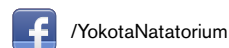
Pool Hours

Mon-Fri	5 a.m.-8 p.m.
Sat & Sun	10:30 a.m.-6 p.m.
Holidays	Closed

Front Desk Hours

Mon-Fri	8 a.m.-7 p.m.
Sat & Sun	10:30 a.m.-4 p.m.

All classes are subject to change. Please check with your physician before participating in any fitness program.



YokotaFSS.com/ Pools
Bldg. 4338 • 225-6133



AQUATICS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 a.m.		LAP SWIM 5 a.m.–1 p.m.	LAP SWIM 5 a.m.–1 p.m.	LAP SWIM 5 a.m.–1 p.m. WATER AEROBICS 11:45 a.m.–12:30 p.m.	LAP SWIM 5 a.m.–1 p.m.	LAP SWIM 5 a.m.–4:30 p.m. WATER AEROBICS 11:45 a.m.–12:30 p.m.	
6 a.m.							
7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.	LAP SWIM 10:30 a.m.–12 p.m.	OPEN SWIM* 1–3 p.m.	OPEN SWIM* 1–3 p.m.	OPEN SWIM* 1–3 p.m.	OPEN SWIM* 1–3 p.m.	LAP SWIM 10:30 a.m.–12 p.m.	
11 a.m.							
12 p.m.							
1 p.m.	OPEN SWIM 12–6 p.m.	SWIM LESSONS 3:15–6 p.m.	SWIM LESSONS 3:15–6 p.m.	SWIM LESSONS 3:15–6 p.m.	SWIM LESSONS 3:15–6 p.m.	OPEN SWIM 5–8 p.m.	
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.	OPEN SWIM* 6:15–8 p.m.	WATER AEROBICS 6:15–7 p.m.	OPEN SWIM* 6:15–8 p.m.	ADULTS ONLY LAP SWIM & SWIM LESSONS 6:15–8 p.m.	WATER AEROBICS 6:15–7 p.m.	OPEN SWIM* 6:15–8 p.m.	
7 p.m.							
8 p.m.							

Schedule is tentative and subject to change according to need, availability of instructors and enrollment levels.

*Limited lap lanes.

POOL ACTIVITIES

LAP SWIM

Lap lanes are reserved for lap swimmers only and we ask that swimmers share lanes due to limited space. Only patrons ages 16 and up are allowed in the lap swim area during the designated times. There will be no recreational diving, swimming or loitering in the lap swim area.

OPEN SWIM

Family fun in the pool! Children under the age of 11 must be accompanied by an adult, either in the pool or on deck. Please adhere to age and supervision requirements. Lifeguards are on duty to ensure the safety of all participants. During open swim, lap lanes are not guaranteed.

WATER AEROBICS

Wednesdays & Fridays • 11:45 a.m.–12:30 p.m. • Free

Tuesdays & Thursdays • 6:15–7 p.m. • Free

This class uses the water to add resistance, improving your cardiovascular and muscular endurance, as well as strength and flexibility. Exercises are adaptable for all fitness levels.

SWIM LESSONS

\$45/Session

Programs include Aqua Baby (parent and child course), Preschool Swim Lessons (ages 3–5) and Learn to Swim (levels 1–6).

Private/Semi-Private Swim Lessons

• Semi-Private (2–3 Students): \$150/Eight Classes • 45 Minutes

• Private (One-on-One): \$200/Eight Classes, \$150/Six Classes, \$100/Four Classes • 45 Minutes

Adult Swim Lessons

Wednesdays • 6:15–7:15 p.m. • \$45/Four Classes

Three classes offered: Learning The Basics, Learning & Refining Swim Strokes and Fitness Swimming

PARTY PACKAGES

Fridays • 5–7 p.m.

Saturdays & Sundays • 12:30–2:30 p.m. or 3:30–5:30 p.m.

\$40–120 • All Ages

Reservations are required at least two weeks in advance.

RETAIL

The Natatorium features a great line of swim gear which includes items such as high-end swim goggles, caps and more.

AGE & SUPERVISION REQUIREMENTS

- Children six and under must be accompanied by an adult ages 18 or older while in the water.
- Children who are wearing life jackets or unable to swim must have an adult in the water with them at all times.
- Children unable to stand in the water must be within arm's length of an adult at all times.
- Children ages seven to 10 must be attentively supervised by an adult in the pool area at all times (no sleeping or reading).
- Children ages 11 to 13 may remain in the pool unaccompanied by taking and passing the Deep Water Access Test consisting of swimming any stroke at least 25 meters and treading water for one minute. A parent must be present during the swim test.
- Children ages 14 to 18 may use the pool unaccompanied.