

# Y WATER FITNESS™

We build strong kids, strong families, strong communities.

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 AM	Shallow Water Fitness	9:00 AM	Deep Water	8:30 AM	Shallow Water Fitness	9:00 AM	Deep Water	8:30 AM	Shallow Water Fitness
9:15 AM	Tether Waves (30 min)	11:00 AM	Older Adult	9:15 AM	Shallow/Deep Combo (30 min)	11:00 AM	Older Adult	9:15 AM	Liquid Fusion (30 min)
10:00 AM	Older Adult	2:00 PM	Arthritis	10:00 AM	Older Adult	2:00 PM	Arthritis	10:00 AM	Older Adult
11:00 AM	Arthritis			11:00 AM	Arthritis			11:00 AM	Arthritis
5:30 PM	Shallow/Deep Combo			5:30 PM	Shallow/Deep Combo				
<b>Class descriptions</b>									
Intensity Level									
Low - High	Shallow Water Fitness	This class meets in the shallow end of the large pool navel to nipple depth and is designed for healthy participants who want to improve cardio, muscular strength, flexibility, and balance.							
Moderate - High	Shallow/Deep Combo	This class meets in the shallow end of the large pool and gives you all the benefits of shallow water and deep water fitness combined into a single class. Float belts are used as transition is made to deep water.							
Low - Moderate	Older Adult	This class meets in the small pool, navel to nipple depth and is designed for older adults who want to improve activities of daily living.							
Low - High	Deep Water	This class meets in the shallow end of the large pool to start then progresses to the deep end. All participants are required to wear a float belt to maximize the benefits of the exercise in a bottomless environment.							
Low - Moderate	Arthritis	This class meets in the small pool, navel to nipple depth and is designed to improve range of motion, flexibility, strength and endurance.							
High	Tether Waves	This 30 minute class meets in the large pool, navel to nipple depth and uses tethers or resistance tubing. Tethers can be used by individuals of partners for muscular and cardio endurance work as well as balance							
High	Liquid Fusion	This 30 minute class meets in the large pool, navel to nipple depth and is designed to "liquefy" popular land-based exercises, then blend them into a water based workout.							
Webbed Gloves, Water Shoes, and Water Bottles are <u>strongly recommended</u> for ALL water fitness classes. Gloves may be purchased at the Front Desk.									

# YAQUATICS™

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To ensure a safe swimming environment for all please note the following

-The YMCA requires that during Open Swim, children 5 years of age and under be accompanied by an adult (18 years of age or older) in the water at all times. Children Ages 6 through 8 must have an adult in the Pool Area.

-Swim Lessons and Water Fitness Classes have first priority in the Pool. This schedule is subject to change without prior notice.

-Safety Breaks are required for ALL Lifeguards on duty. If necessary you may be asked to clear the pool until a Guard returns.

# Lap Pool

	MON	TUES	WED	THU	FRI	SAT	SUN
6:00 AM - 8:30 AM							<b>POOL OPENS AT 12:00 PM</b>
8:30 AM - 9:00 AM	Shallow Water Fitness	Y Swim Lessons	Shallow Water Fitness		Shallow Water Fitness		
9:00 AM - 9:15 AM						Y Swim Lessons-3	
9:15 AM - 9:30 AM	Water Fitness	Deep Water Fitness	Water Fitness	Deep Water Fitness	Water Fitness		
9:30 AM - 9:45 AM							
9:45 AM - 10:00 AM							
10:00 AM - 10:30 AM						Y Swim Lessons-1	
10:30 AM - 11:00 AM						Y Swim Lessons-2	
11:00 AM - 11:30 AM							
11:30 AM - 12:00 PM						Y Swim Lessons-2	
12:00 PM - 4:30 PM							
4:30 PM - 5:00 PM		Y Swim Lessons-3					
5:00 PM - 5:30 PM		Y Swim Lessons-2		Y Swim Lessons-3			
5:30 PM - 6:00 PM	Water Fitness	Y Swim Lessons-0	Water Fitness	Y Swim Lessons-0			
6:00 PM - 6:15 PM		Y Swim Lessons-3		Y Swim Lessons-2			
6:15 PM - 6:30 PM							
6:30 PM - 7:00 PM		Y Swim Lessons-1		Y Swim Lessons-2			
7:30 PM - 9:30 PM							<b>Pool closes at 7:00 PM</b>
<b>Pool closes at 9:30 PM Monday through Saturday</b>							

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM - 8:30 AM							<b>Pool opens at 12:00 PM</b>
8:30 AM - 9:00 AM							
9:00 AM - 9:30 AM							
9:30 AM - 10:00 AM							
10:00 AM - 10:30 AM	Older Adult		Older Adult		Older Adult		
10:30 AM - 10:45 AM		Lessons		Lessons		Lessons	
10:45 AM - 11:00 AM							
11:00 AM - 11:30 AM	Arthritis	Older Adult	Arthritis	Older Adult	Arthritis		
11:30 AM - 11:45 AM							
11:45 AM - 12:00 PM							
12:00 PM - 12:30 PM				Adapted Y Swim Lessons			
12:30 PM - 1:00 PM							
1:00 PM - 1:30 PM	Lessons						
1:30 PM - 2:00 PM							
2:00 PM - 3:00 PM		VA Arthritis		VA Arthritis			
3:00 PM - 3:30 PM							
3:30 PM - 4:00 PM							
4:00 PM - 7:30 PM		Lessons		Lessons			
7:30 PM - 9:30 PM							<b>Closes at 7:00 pm</b>
<b>Pool closes at 9:30 Monday through Saturday</b>							

Y Swim Lesson

Indicates open swim (all space available)

Indicates classes or group use-see guard for availability

Indicates pool is not available

Please note: Our Swim Instructors need 5 min To prepare the pool before and after each Water Fitness class . Your patience is appreciated!

# Family Pool