



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 2017 | WATER EXERCISE SCHEDULE

MON	7:00-8:00 AM	Power Hour	Sharon
	8:00-9:00 AM	Water Cardio Fitness – Deep	Sharon
	9:15-10:15 AM	Aquatic Sports conditioning 101	Amanda
	11:30-12:30 PM	Water Arthritis	Sammie
	4:00 - 5:00 PM	Water Cardio Fitness Light	Sammie
	7:15-8:15 PM	Water Fitness Deep/Shallow	Melissa

TUE	7:00-8:00 AM	Power Hour	Sharon
	8:00-9:00 AM	Functional Fitness	Sharon
	9:00-10:00 AM	Water Works	Jan
	10:00-11:00 AM	Water Cardio Fitness – Shallow	Sammie
	11:00-12:00 PM	Aqua Boxing	Sammie
	6:00 - 7:00 PM	Aqua Fit	Jennie

WED	7:00-8:00 AM	Power Hour	Sharon
	8:00-9:00 AM	Water Cardio Fitness – Deep	Sharon
	9:00-10:00AM	Water Works	Jan
	11:30-12:30 PM	Water Arthritis	Sammie
	4:00 - 5:00 PM	Water Cardio Fitness Light	Sammie
	7:15-8:15PM	Water Fitness Deep/Shallow	Melissa

THUR	7:00- 8:00 AM	Power Hour	Sharon
	8:00-9:00 AM	Water Cardio Fitness – Deep	Sharon
	9:00-10:00 AM	Water works	Jan
	11:00-12:00 PM	Water Cardio Fitness – Deep	Sammie
	12:00- 1:00 PM	Water Cardio Fitness – Shallow	Sammie

FRI	7:00-8:00 AM	Power Hour	Sharon
	8:00-9:00 AM	Water Cardio Fitness – Deep	Sharon
	9:00-10:00 AM	Aqua Challenge	Bonnie
	10:00-11:00 AM	H2O Power Hour	Bethany
	11:00-12:00 PM	Water Arthritis	Sammie
	12:00 - 12:45 PM	Waves Water Walking	Sharon

SAT	8:00 - 8:45 AM	Power Hour	Sharon
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BRANCH NEWS/ Staff Member Highlight:

- Friday –9am Aqua Challenge with Mrs. Bonnie will have a sub instructor, Mrs. Sharon on September 1st and 8th.
- Please let your instructor know if you need notifications to the intensity of the exercise during your class.
- For any questions or concerns please contact the Aquatic director - Liz Allen at lizallen@upymca.org

CLASS DESCRIPTIONS

Aqua Boxing: Intense cardio workout that incorporates strength training for upper body and core. This is a shallow water class.

Aqua Challenge: An intense interval training workout that incorporates jogging, jumping, kickboxing, Treading, and strength moves for the core all with motivational music to keep you challenged!

Aqua Fit: An intense, heart pumping, calorie burning workout. Water exercise for overall toning and shaping.

Aquatic Sports Conditioning 101: Movements that mimic many sports moves to include full range of motion and joint specific actions. Includes jumping, rebounding, kicking and twisting movements.

Aqua Volleyball: Work out while playing a fun game of water volleyball in the pool.

Functional Fitness: This class is designed for those who desire a healthy and moderately intense workout. This class helps increase posture, strengthen the core and lower back muscles, which helps out in everyday activities. It will increase your heart rate and work out your entire body.

Power Hour- Deep /Shallow: works in both shallow and deep water. 45 minutes of moderate to intense cardio incorporation sprinting and intervals.

Water Cardio Fitness – Deep This class is designed to increase the heart rate and condition the whole body. It combines cardiovascular and muscular endurance, strength and core abdominal work utilizing the deep end of the pool

Water Cardio Fitness – Shallow -This class is designed to increase the heart rate and condition the whole body. It combines cardiovascular and muscular endurance, strength and core abdominal work utilizing the shallow end of the pool.

Water Arthritis - This shallow water class, co-developed with Arthritis Foundation and the YMCA of the USA, is designed for those living with the challenges of arthritis. The focus is to help improve mobility and pain by strengthening muscles and improving joint flexibility and range of motion. Exercises are performed in water depth that is comfortable and allows you to maintain balance while exercising.

Water Fitness: The best of both worlds! Enjoy a 30-minute combination of deep/shallow water cardiovascular exercise ending with 5-10 minutes of gentle strengthening and flexibility. Leave invigorated and relaxed!

Water Cardio Fitness Light - A lighter version of our Water Cardio Fitness class with low impact on joints. This class designed to challenge you with emphasis on longer stretches and improving cardiovascular fitness.

Waves (Water Walking): Beginner-intermediate level walkers, All ages, Medium to fast paced walking; learn basic water walking techniques.

Water Works : a compilation of warm-up, cardio, muscular strengthening with bells, balancing, and stretching. This class will help to increase stamina and strength. It is a mid to high impact class, but is designed for all levels of participation. Participants can work at their own level with ease. This is a good class for all ages. Work out is set to music.

ADULT SUPERVISION

Children 9 years and younger must have active adult supervision in the aquatics facility at all times.

Youth 10—12 years may use pools without a designated adult if they are a green band swimmer.

Youth 13 years and older may use pools without adult supervision.

SEVERE WEATHER

In the event that lightning or thunder is present in or around the area, the YMCA requires immediate closure of all indoor and outdoor pools. Pools will remain closed until 30 minutes past the last visible lightning strike or sound of thunder.

CONTAMINATION

In the event of bodily fluid contamination, the pool will be evacuated for cleaning and restoration and may remain closed for an extended period of time.