



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Baxter YMCA March 2019 Indoor Pool Schedule

Pool Open: Monday – Friday 5am – 830pm, Saturday 730am -530pm and Sunday 1pm – 530pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5a-7a	Lap Swim Only Ln 1-5	Lap Swim Only Ln 1-5	Lap Swim Only Ln 1-5	Lap Swim Only Ln 1-5	Lap Swim Only Ln 1-5	Pool Opens 7:30 AM	Pool Opens at 1:00 PM
7a-8a	Lap Swim Ln 1-4		Lap Swim Ln 1-4	Lap Swim Ln 1-5	Lap Swim Ln 1-4	Lap Swim Only Ln 1-5	
	Water Aerobics Ln – 5-6		Water Aerobics Ln – 5-6	Water Aerobics Ln – 5-6	Water Aerobics Ln – 5-6		
8a-9a	Lap Swim Ln 1-4	Lap Swim Ln 1-4	Lap Swim Ln 1-4	Lap Swim Ln 1-4	Lap Swim Ln 1-2		
	Water Aerobics Ln – 5-6	Water Aerobics Ln – 5-6	Water Aerobics Ln – 5-6	Water Aerobics Ln – 5-6	Water Aerobics Ln – 5-6		
9a-10a	Lap Swim Ln 1-4	Lap Swim Ln 1-3	Lap Swim Ln 1-4	Lap Swim Ln 1-4	Lap Swim Ln 1-4	Swim lessons Ln 4-6	
	Water Aerobics Ln 4-6	Water Aerobics Ln 4-6	Water Aerobics Ln 4-6	Water Aerobics Ln 4-6	Water Aerobics Ln 4-6	Lap Swim Ln 1-2	
10a-11a	Lap Swim Ln 1-3	Lap Swim Ln 1-3	Lap Swim Ln 1-3	Lap Swim Ln 1-3	Lap Swim Ln 1-3	Swim lessons Ln 4-6	
	Parent/Child swim class Ln 4-6	Water Aerobics Ln 4-6	Parent/Child swim class Ln 4-6	Water Aerobics Ln 4-6	Water Aerobics Ln 4-6	Lap Swim Ln 1-2	
11a-12p	Lap Swim Ln 1-4	Lap Swim Ln 1-4	Lap Swim Ln 1-4	Lap Swim Ln 1-4	Lap Swim Ln 1-4	Swim lessons Ln 4-6	
	Water Aerobics (1130am) Ln 4-6	Water Aerobics Ln 4-6	Water Aerobics (1130am) Ln 4-6	Water Aerobics Ln 4-6	Water Aerobics Ln 4-6	Lap Swim Ln 1-2	
12p-1p	Lap Swim Only Ln 1-5	Lap Swim Only Ln 1-5	Lap Swim Only Ln 1-5	Lap Swim Only Ln 1-5	Lap Swim Only Ln 1-5	Open Swim Ln 5-6 <b>Lifeguard Class 3/23 12pm- 3pm Ln 1-3</b>	
1p-4p	Open Swim	Preschool lessons Ln 4-6 1-130pm	Open Swim	Preschool lessons Ln 4-6 1-130pm	Open Swim <b>Make-up lessons 3/15 5pm – 7pm Ln 5-6 Lifeguard Class Ln1-2 3/22 5pm -6pm</b>		
		Open Swim		Open Swim			
4p-5p	Mini-rays Stoke (415-630pm)	Lap Swim Ln 1-3	Mini-rays Stoke (415-630pm)				
5p-6p				Swim Lessons Ln 5-6			
6p-7p	Lap Swim Ln 1-3	Water Aerobics Ln 4-6	Lap Swim Ln 1-3	Water Aerobics Ln 4-6 (630pm)			
	Swim Lessons Ln 5-6	<b>Tri-Training Ln 1-2 (630-730pm)EVO Tues</b>	Swim Lessons Ln 5-6				
7p-8:30p	Water Aerobics Ln 4-6	Lap Swim Ln 3 730pm – Ln 1-3	Water Aerobics Ln 4-6	Lap Swim Ln 1-3			
	Swim Lessons Ln 1-2		Swim Lessons Ln 1-2				
						Pool Closes at 5:30 PM	



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## March 2019 WATER EXERCISE SCHEDULE

MON	7:00-8:00 AM	A.M. Energizer	Sharon
	8:00-9:00 AM	Water Cardio Fitness – Deep	Sharon
	9:00-10:00 AM	Aquatic Sports conditioning 101	Debbie P
	11:30-12:30 PM	Water Arthritis	Sammie
	7:15-8:15 PM	Aqua Zumba	Jennie D
TUE	9:00-10:00 AM	Aqua Zumba	Jennie D
	10:00-11:00 AM	Water Arthritis	Sammie
	11:00-12:00 PM	Water Fitness -Light	Sammie
	6:00 - 7:00 PM	Aqua Fit	Jennie K
WED	7:00-8:00 AM	A.M. Energizer	Sharon
	8:00-9:00 AM	Waves (Arthritis/Water Walking)	Sharon
	9:00-10:00AM	Water Works	Jan /Bonnie
	11:30-12:30 PM	Water Arthritis	Sammie
	7:15-8:15PM	Water Fitness Deep/Shallow	Melissa - Till 3/13
THUR	7:00-8:00 AM	A.M. Energizer	Sharon
	8:00-9:00 AM	Water Cardio Fitness – Deep	Sharon
	9:00-10:00 AM	Aqua Circuit/HIIT	Debbie P
	10:00-11:00AM	Waves (Arthritis/Water Walking)	Sharon
	11:00-12:00 PM	Water Arthritis	Sammie
	6:30-7:30 PM	Aqua Cardio & Strength	Debbie P
FRI	7:00-8:00 AM	A.M. Energizer	Sharon
	8:00-9:00 AM	Waves (Arthritis/Water Walking)	Sharon
	9:00-10:00 AM	Aqua Challenge	Bonnie
	10:00– 11:00AM	Aqua Dance Fit	Courtney
	11:00-12:00 PM	Water Arthritis	Sammie
SAT	8:00 - 8:45 AM	A.M. Energizer	Sharon

### BRANCH NEWS/ Staff Member Highlight:

- Wednesday's 9am Water works class will have a sub from 3/13-5/1
- Wednesday's 7:15pm Water Fitness class will only run till 3/13
- 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](mailto:lizallen@upymca.org)

## CLASS DESCRIPTIONS:

**A.M. Energizer** - works out in both shallow and deep water. 45 minutes of moderate to intense cardio incorporation sprinting, intervals and boxing. Using noodles and dumbbells for muscular strength and endurance training.

**Aqua Cardio & Strength:** Enjoy a fast paced class consisting of, an intense cardio workout, including core strength training & muscular strength & endurance using the water as resistance and noodles/water dumbbells.

**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 Circuit/HIIT** - Warm-Up moves into alternating aerobic movements with strength exercises using dumbbells and/or noodles. Aerobic movements will include running, jumping, kicking, skipping, change of directions and twisting. Core exercises will be performed last 15-20 minutes of the class.

**Aqua Dance Fit** - Integrating the cardio type dance and philosophy with traditional aqua fitness disciplines, Aqua Dance fit blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, super fun!!

**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 Zumba:** Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

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

**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!

**Waves (Water Arthritis/Walking):** Beginner-intermediate level walkers, All ages, Medium to fast paced walking; learn basic water walking techniques. Calls will incorporate AF exercises for a full body workout.

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

Youth 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.