



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August 1–August 21, 2022 WATER EXERCISE SCHEDULE

MON

11:30AM–12:30PM	Aqua Aerobics – Deep	Dianna S
7:15PM – 8:00 PM	Aqua Zumba	Jennie D

TUE

11:30AM–12:30PM	Water Conditioning 101	Amanda M
6:00PM – 7:00 PM	Water Aerobics	Jennie K

WED

11:30M – 12:30 PM	Water Aerobics – Shallow	Jan A
7:15M – 8:15 PM	Water Aerobics	Danielle

THUR

11:30AM–12:30 PM	Aqua Tone & Stretch	Dianna S
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FRI

10:00am–11:00AM	Water Aerobics	Danielle
11:30pm–12:30 PM	Water Aerobics	Alice R

BRANCH NEWS/ Staff Member Highlight:

- Please check website for any class changes.
- Please let your instructor know if you need modifications to the intensity of the exercise during your class.
- For any questions or concerns please contact the Aquatic director – Liz Hester at lizhester@ymcaup.org

CLASS DESCRIPTIONS:

Aqua FloatFit – HIIT: Put your fitness to the test by combining balance and strength based exercises on the aqua board. Work on postural control and alignment while performing common movements that you might do at home, work or in sports. Perfect your balance, strength and overall mobility. Member must have a level of comfort getting face wet during class.

Aqua FloatFit – Yoga Stretch – A 45 minute series of deep stretches and modified yoga poses, utilizing core control for stability, while balancing on the AquaBase board floating on top of the water

Aqua Tone & Stretch – This class is designed to improve strength and range of motion of joints. Low impact moves strive to increase heart rate, endurance, flexibility and muscle tone. ... This class combines stretching and strengthening for a cardiovascular workout and muscle toning.

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 Aerobics – 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.

Water Aerobics – 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 Aerobics – Low Impact – 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 Aerobics – Shallow – 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.

Water Conditioning 101 – Intervals of cardio, strength/toning, and balance or agility. It is really not an arthritis-friendly class Or for a member who prefers slow & controlled movements, instructor will give plenty of modifications to be protective of joint issues.

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. if they are a green band swimmer.

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.