



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October 2019 WATER EXERCISE SCHEDULE

| | | | |
|------|-----------------|--------------------------------|---------------------------|
| MON | 7:00-8:00 AM | Water Aerobics | Sharon |
| | 8:00-9:00 AM | Water Aerobics – Deep | Sharon |
| | *9:00-10:00 AM | Aquatic conditioning | Debbie P |
| | 11:30-12:30 PM | Water Aerobics - Low Impact | Sammie |
| | 7:15-8:15 PM | Aqua Zumba | Jennie D |
| TUE | 8:00-9:00 AM | Arthritis Management | Ft. Mill Physical Therapy |
| | 9:00-10:00 AM | Aqua Zumba | Jennie D |
| | 11:35-12:35 PM | Water Aerobics - Low Impact | Sammie |
| | 6:00 - 7:00 PM | Water Aerobics | Jennie K |
| WED | 7:00-8:00 AM | Water Aerobics | Sharon |
| | 8:00-9:00 AM | Water Aerobics - Water Walking | Sharon |
| | 9:00-10:00AM | Water Aerobics - Shallow | Jan A |
| | 11:30-12:30 PM | Water Aerobics - Low Impact | Sammie |
| THUR | 7:00-8:00 AM | Water Aerobics | Sharon |
| | 8:00-9:00 AM | Water Aerobics - Deep | Sharon |
| | *9:00-10:00 AM | Aqua HIIT | Debbie P |
| | 11:35-12:35 PM | Water Aerobics - Low Impact | Sammie |
| | *6:30 - 7:30 PM | Water Aerobics - Shallow | Jan A |
| FRI | 7:00-8:00 AM | Water Aerobics | Sharon |
| | 8:00-9:00 AM | Water Aerobics - Water Walking | Sharon |
| | 9:00-10:00 AM | Water Aerobics - Shallow | Jan A |
| | 11:30-12:30 PM | Water Aerobics - Low Impact | Sammie |
| SAT | 8:00 - 8:45 AM | Water Aerobics | Sharon |

BRANCH NEWS/ Staff Member Highlight:

- Aqua HIIT will have a sub on 10/24, and 10/31
- Aquatic Conditioning will have a sub on 10/28
- Thursday 630pm Water Aerobics will have a sub on 10/17
- No Evening Water Aerobics on 10/31
- 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:

Arthritis Management – This course offers availability for all YMCA members to learn beginner-level aquatic exercise and have ability to consult with physical therapist before or after each session. The instruction would last 60 minutes. This class is taught by a Certified Doctor of Physical Therapy.

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

Aqua 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 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 Aerobics – Water 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.

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.