



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# WATER EXERCISE SCHEDULE

## HARRIS YMCA

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:00 AM <b>Water Cardio Fitness – Deep</b> Ester B		7:00-8:00 AM <b>Water Cardio Fitness – Deep</b> Ester B		
8:00-9:00 AM <b>Water Stretch</b> Mo D		8:00-9:00 AM <b>Water Stretch</b> Lenlee C		8:00-9:00 AM <b>Water Stretch</b> Lenlee C
8:00-9:00 AM <b>Water Cardio Fitness - Deep</b> Ester B	8:00-9:00 AM <b>Water Cardio Fitness - Deep</b> Chris L	8:00-9:00 AM <b>Water Cardio Fitness - Deep</b> Ester B	8:00-9:00 AM <b>Water Cardio Fitness - Deep</b> Chris L	8:00-9:00 AM <b>Water Cardio Fitness - Deep</b> Ester B
9:00-10:00 AM <b>Water Cardio Fitness - Shallow</b> Victoria S		9:00-10:00 AM <b>Water Cardio Fitness - Shallow</b> Victoria S	9:00-10:00 AM <b>Aqua Zumba</b> Alicia G	9:00-10:00 AM <b>Water Cardio Fitness - Shallow</b> Eileen H
9:45-10:45 AM <b>Water Athletic Conditioning*</b> Holly J/Robby P		9:45-10:45 AM <b>Water Athletic Conditioning*</b> Holly J/Robby P		9:00-10:00 AM <b>Coached Swim Workout*</b> Amy G
10:00-11:00 AM <b>Water Cardio Fitness Light</b> Lauren		10:00-11:00 AM <b>Water Cardio Fitness Light</b> Victoria S		10:00-11:00 AM <b>Water Cardio Fitness Light</b> Lauren S
11:00AM-12:00PM <b>Water Cardio Fitness - Shallow</b> Lauren S	11:30AM-12:30PM <b>Water Exercise Introduction</b> Jane J	11:00AM-12:00PM <b>Water Cardio Fitness - Shallow</b> Lauren S	11:30AM-12:30PM <b>Water Exercise Introduction</b> Jane J	11:00AM-12:00 PM <b>Water Cardio Fitness - Shallow</b> Lauren S
12:00-1:00 PM <b>Water Arthritis</b> Lauren S		12:00-1:00 PM <b>Water Arthritis</b> Lauren S		12:00-1:00 PM <b>Water Arthritis</b> Lauren S
7:00-8:00 PM <b>Water Fitness</b> Diana T	7:15-8:15 PM <b>Aqua Zumba</b> Alicia G	7:00-8:00 PM <b>Water Fitness</b> Mo D	7:15-8:15 PM <b>Water Cardio Fitness - Shallow/Deep</b> Mo D	Schedule is subject to change

### Class Descriptions

**Aqua Zumba:** Party in the Pool! A high energy, fun filled cardio class in the pool, featuring a variety of music styles and dance moves adapted to the water that include latin, salsa, and hip hop. Motivating music, basic steps and water resistance make a great full body workout. (MultiPurpose Pool) **BI 123**

**Coached Swim Workout:** Great for the tri-athlete or for those who want a non-competitive swimming program. Workout consists of warm-up, set and cool down. Kickboard, pull buoys and hand paddles can be used. \*(Lap Pool) **BI 12**

**Water Arthritis:** This program is a recreational group exercise program co-developed with Arthritis Foundation and the YMCA of the USA. It is designed specifically for people with arthritis and related diseases. This class can be geared toward participants with different ability levels to improve range of motion, muscle strength and endurance." (MultiPurpose Pool) **B 1**

### **Water Athletic Conditioning**

This class combines skills & drills alternating lap swimming with strength training. Base fitness level required. \*(Lap Pool) **IA 23**

**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. (MultiPurpose Pool) **BI 12**

**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. (MultiPurpose Pool) **BI 12**

**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. (MultiPurpose Pool) **BI 1**

**Water Cardio Fitness – Shallow/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 both the shallow and deep end of the pool. (MultiPurpose Pool) **BI 1**

**Water Exercise Introduction:** A perfect introduction to the water. This class helps you gain comfort in the water while getting a cardio workout. Good for any fitness level. (MultiPurpose Pool) **B 12**

**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! (MultiPurpose Pool) **BI 12**

**Water Stretch:** Gentle, slow moving exercises, performed in shallow water, improve muscle tone and flexibility which may ease problems associated with arthritis. (MultiPurpose Pool) **B 1**

### **Age Requirements**

1. 0 to 9 years of age must have a parent/adult Guardian with them in the Aquatics Facility.
2. 10 to 12 years of age may use pools without a guardian IF they are a green band swimmer.
3. 13+ year olds may use the pools without a parent/guardian, even if they are not a green band swimmer.

### **Pool Rules & Courtesies**

1. Any Prolonged and/or repeated breath holding activities are strictly prohibited.
2. Absolutely NO DIVING of any type is allowed in the indoor pools. This includes recreational and competitive "racing" diving.
3. Showers must be taken before entering the pool.
4. Bathing suits are required. No gym shorts, cut-offs or street cloths are allowed.
5. No running or horseplay at anytime in or around the pool area.
6. Non-swimmers or children with flotation devices must be kept within arms reach of an adult at all times.
7. Inflatable devices are not permitted - i.e. no rafts, no water wings.
8. Kickboards, flotation belts and other instructional flotation devices are for swim classes and lap swimmers only.
9. Food and drink are allowed only in the designated snack area (*The Pool Cove*).
10. NO glass items are permitted anywhere in or around the pool area.
11. Young swimmers who are not toilet trained must wear appropriate swim diapers with elastic pants.

### **Lap Swimming Etiquette**

1. Please circle swim in order to allow multiple swimmers to use the same lane.
2. Notify all swimmers in a lane of your presence before entering the water.
3. Choose a lane based on your swimming ability (Slow/Medium/Fast)
4. If you need to rest in between laps, please do so at the extreme corner of the lane.
5. Water jogging in lanes is only permitted when there are not multiple swimmers present.
6. Please follow the lifeguard's direction. We may need to move lanes in order to accommodate our schedule.

**Severe Weather:** The YMCA requires immediate closure of all pools – indoor and outdoor – in the event that lightening or thunder is present in or around the area. Pools will remain closed until 30 minutes past the last visible lightening strike or episode of thunder.

**Contamination:** In the event of bodily fluid contamination of the swimming pool, that pool will be evacuated and the appropriate measures taken. This type of event may cause a pool to remain closed up to 6 hours. In this event we will move scheduled programs and activities to the remaining pools.