



Please, NO LAP SWIM OR OPEN SWIM while AQUA classes and Swim Lessons are being held. For lap swim, 1 to 2 lanes may be made available, unless otherwise noted. For current news and schedule changes, please follow our Facebook page (YMCA of Twin Falls) Participants must be 12 years and older to participate in Water Fitness classes.

## \* POOL SCHEDULE \*

Effective January 2, 2019 \* subject to change with or without notice

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Strength H2O (Maggie)	Aqua Tabata (Donna)	Cardio Splash (Donna)	Liquid Intervals (Donna)	Strength H2O (Maggie)	CLOSED	C L O S E D
9:30 AM	Open Swim Lap Swim	Silver Splash (Donna)	Open Swim Lap Swim	Silver Splash (Donna)	Open Swim Lap Swim		
10:30 AM - 12:00 PM	Open / Lap Swim						
12:00 PM - 4:30 PM	POOL CLOSED 12:00 PM - 4:30 PM					Noon - 3:45PM Open Swim Lap Swim	
4:30 PM	Aqua Zumba (Tiffany)	Open Swim Lap Swim	Total Body H2O (Candi)	Open Swim Lap Swim	Aqua Zumba (Leslie)	Pool Closed at 3:45PM	
5:30 PM	Aqua Fit (Candi)	5:30-7PM	Aqua Fit (Candi)	5:30-7PM	Aqua Fit (Candi)		
6:30 PM	Swim Lessons		Swim Lessons				
7:00 PM	O P E N S W I M L A P S W I M F A M I L Y S W I M						
7:45 PM						Friday Closed at 7:45 PM	
8:45 PM	Pool Closed at 8:45 PM (Monday - Thursday)						

# YMCA AQUATIC PROGRAM DESCRIPTIONS

## WATER FITNESS CLASSES

(Participants must be 12 years of age and older unless otherwise noted)

**Y water classes?** Water exercise offers 12 times the resistance of land-based classes, yet placing 10% to 50% less stress and strain on your body and joints. Benefits include increased endurance, strength, flexibility, range of motion, balance and core strength. Classes provide a challenging reduced impact option for all ages and fitness levels. An ideal way to cross-train from your high impact/hard-hitting land workouts and still get a great cardio and strength session.

**AQUA FIT** is a varied intensity class that combines cardio with strength building. For all fitness levels.

**Aqua Tabata:** Tabata is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple yet intense exercises allows each class to blast away the calories and increase resting metabolic rate in short amounts of time. Whether your goal is muscle tone, weight loss, cross training, or just some fun, this class will help you get there.

**Aqua Zumba** integrates the Zumba formula and philosophy with traditional aqua fitness disciplines to create a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Cardio Splash:** Cardio workout with different formats each week. This workout is for all fitness levels.

**Liquid intervals:** This class provides a high intensity workout using various timed intervals to step up the pace. Great cardio mixed with balance, core, and muscle building segments, yet low impact on your joints, but great for strength, endurance, and burning calories. This class may or may not use equipment and any movement can be modified to fit any fitness level.

**SilverSplash®** offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. A special SilverSneakers® kickboard is used to develop strength, balance and coordination.

**STRENGTH H2O** will compliment your cardio workouts by focusing on building strength and muscle. We will use aqua equipment including buoys, noodles and kickboards to work the whole body. This class will be a shallow water workout, and is guarantee to tone and strengthen while working with the resistance of the water. Aqua yoga will also be incorporated into this class. All fitness levels welcome.

**Total Body H2O:** This class incorporates the use of several forms of aquatic exercises and different pieces of aquatic equipment. Class may take place in either shallow or deep water or both. Some workouts may focus on circuit training to build on cardio, strength, flexibility and endurance while having fun! Your body will thank you for this aqua experience. For all fitness levels!

## SWIM OPTIONS

Lap/Exercise Swim is scheduled time for members to use the pool for lap swim and other aquatic exercises. 1 to 2 lanes are open during Lap Swim times. Open Swim is scheduled swim time for patrons to use the pool for a variety of different activities.

## POOL HOURS

Find current hours on our website: [www.ymcatf.com](http://www.ymcatf.com)

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YMCA of Twin Falls