




Updated March 28, 2017

ELIZABETH POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00am	Lap Swim	Aqua Cross (Donna)	Lap Swim	Aqua Cross (Donna)	Lap Swim	9am-12pm Swim Lessons (2 lanes for lap swim)		
7:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
7:30am	Senior Fitness (Jackie)	Lap Swim	Senior Fitness (Jackie)	Lap Swim	Senior Fitness (Jackie)			
8:30am	Instructor's Choice (Donna)	 aqua ZUMBA (Tiffany)	Instructor's Choice (Donna)	 aqua ZUMBA (Leslie)	Instructor's Choice (Donna)			
9:30am		Silver Splash® (Donna)		Silver Splash® (Donna)				
10:30am	Swim Lessons/ Open Swim	Swim Lessons/ Open Swim	Swim Lessons/ Open Swim	Swim Lessons/ Open Swim	Swim Lessons/ Open Swim			
12:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
1:00pm	Lap Swim	MS Class (Stacy)	Lap Swim	MS Class (Stacy)	Lap Swim			-----
2:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
3:00pm	Open Swim/ Splash games	Open Swim/ Splash games	Open Swim/ Splash games	Open Swim/ Splash games	Open Swim/ Splash games			
4:30pm	 aqua ZUMBA	Aqua Blast (Candi)	 aqua ZUMBA	Aqua Blast (Candi)	 aqua ZUMBA	12pm-2pm Open Swim (2 lanes for lap swim)		
5:30pm	Aqua Tone (Stacy)	Aqua Fit (Rose)	Aqua Tone (Stacy)	Aqua Fit (Rose)	Aqua Tone (Stacy)			
6:15pm	Open Swim/ Splash games	Open Swim/ Splash games	Open Swim/ Splash games	Open Swim/ Splash games	Open Swim/ Splash games			
7:00pm	Open Swim (2 lanes for lap swim)	Shallow Water Fitness (Joan)	Open Swim (2 lanes for lap swim)	Shallow Water Fitness (Joan)	Open Swim (2 lanes for lap swim)			

Members must be 12 years and older to participate in Water Fitness classes, and 16 years and older to participate in Aqua Cross. Children must be 6 years and older to participate in Splash Games and must have a parent/guardian present at all times in the pool area.

Please see other side for class descriptions.

YMCA

AQUATIC PROGRAM DESCRIPTIONS

WATER FITNESS CLASSES

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

AQUA BLAST is a rapid fat burning class that uses innovative routines featuring flowing movements, jumps, kicks assisted by buoys, noodles and gloves to tone and strengthen your body.

AQUA FIT is a varied intensity class that combines cardio with strength building.

Aqua-Tone has participants performing traditional water fitness routines mixed with aqua kickboxing moves. The exercises learned in this class will tone and strengthen the entire body.

Aqua Cross is unique in that it is a rigorous cross-training of swimming & land based exercises (16 & Older).

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.

Aquatic MS Class (FREE to members & an assistant) Water is the easiest and most rewarding way to stay physically active. The buoyancy helps support weak limbs and joints and allows you to stand easier. Water also provides resistance which helps to strengthen muscles, improve endurance, flexibility, balance and increased range of motion. It lowers the risk of injury due to falls and keeps the body from overheating. MS participants will gain positive feelings and great sense of well-being. This may be just the motivation you've been looking for. You're welcome to bring someone to help with your needs.

Instructor's Choice gives a taste of all the different water fitness classes that are taught and some things that are not taught in any other class.

Shallow Water Fitness is a low-impact workout, but maintains the intensity of land aerobic classes. The different drills use resistance equipment, such as noodles and dumbbells, to work the legs, knees and arms.

Senior Fitness is a low-impact workout for active, aging adults. Perfect for seniors having trouble with standing, who might have balance issues, or who are recuperating from an illness or injury. It focuses on stretches and balance, as well as specific muscle strengthening exercises in the water using a variety of pool equipment such as water weights and noodles.

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.

SPLASH GAMES

(Participants must be 6 years of age and older)

SPLASH GAMES is a great way for kids to have fun in a structured environment with a certified Water Safety Instructor. Kids will have fun playing games such as Sharks & Minnows, Marco Polo, freeze tag and more.

SWIM OPTIONS

Lap/Exercise Swim is scheduled time for members to use the pool for lap swim and other aquatic exercises. The 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