






# FALL SCHEDULE

Effective August 21, 2017

Please, NO LAP SWIM OR OPEN SWIM while AQUA classes and Swim Lessons are being held. 3 Lanes available for Lap Swim, unless otherwise noted. Lifeguards may require members to exit the pool while lane lines are added/removed.

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE. For current news and schedule changes, please follow our facebook page (YMCA of Twin Falls).

## ELIZABETH POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Lap Swim						
7:30am	Senior Fitness (Jackie)	Lap Swim	Senior Fitness (Jackie)	Lap Swim	Senior Fitness (Jackie)		
8:30am	Liquid Intervals (Donna)	<b>NEW!</b> Strength H2O (Maggie)	Aqua Tabata (Donna)	<b>NEW!</b> Strength H2O (Maggie)	Hydro-Splash Mix (Donna)		
9:30am	Lap Swim	Silver Splash® (Donna)	Lap Swim	Silver Splash® (Donna)	Lap/Open Swim		
10:30am	Water Discovery					Swim Basics Swim Strokes	
11:10am							
12:00pm	Lap Swim/Swim Lessons					9:00am-12:00pm Swim Lessons (2 lanes for lap swim)	Noon-4pm
2:00pm	Lap Swim/Open Swim					12pm-4pm Open Swim	
3:30pm	<b>NEW!</b> Afterschool Program Swim Lessons	Swim Basics Swim Strokes	<b>NEW!</b> Afterschool Program Swim Lessons	Swim Basics Swim Strokes	<b>NEW!</b> Afterschool Program Splash Games	Close at 4:00pm	CLOSED Starting August 21
4:30pm	 aqua ZUMBA (Jeaneth)	Aqua Blast (Candi)	Total Body H2O (Jeaneth)	Aqua Blast (Candi)	 aqua ZUMBA (Leslie)		
5:30pm	<b>NEW!</b> Aqua Yoga (Jeaneth)	Aqua Fit (Candi)	<b>NEW!</b>  aqua ZUMBA (Tiffany)	Aqua Fit (Candi)	Open Swim Lap Swim		
6:15 pm	Open Swim						
7:00pm	Open Swim Lap Swim	Shallow Water Fitness (Joan)	Open Swim Lap Swim	Shallow Water Fitness (Joan)			
Pool closes at 8:00pm starting August 21, 2017							

Members must be 12 years and older to participate in Water Fitness classes. 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)

**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 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. 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 Yoga** is a gentle and very low impact aquatic activity. It takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity, the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved. All fitness levels.

**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.

**Hydro-splash Mix:** Get a cardio and strength workout by mixing your workout up 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.

**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 buoys, 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 buoys 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.

**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 guaranteed 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. 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](http://www.ymcatf.com)