



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness Schedule

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	8:30am	8:30am	8:30am	8:30am	9:00am
Mary Kate	Taylor	Mary Kate	Taylor	Mary Kate	Nov. 7 th - Shawna Nov. 14 th - Vicki Nov.28 th - Taylor
Lap Pool	Lap Pool	Lap Pool	Lap Pool	Lap Pool	
10:00am	10:00am	10:00am	10:00am	10:00am	
Lise	Taylor	Lise	Tammy	Susan	
Lap Pool	Lap Pool	Lap Pool	Lap Pool	Lap Pool	
10:30am	2:15pm	10:30am	11:30am	10:30am	
Barbara	Doug	Barbara	Doug	Barbara	
Therapy Pool	Therapy Pool	Therapy Pool	Therapy Pool	Therapy Pool	

All Classes in the Lap Pool will be taught in Deep/Shallow water format.

The YMCA Water Fitness Program is based on the latest research in aquatic health. The program consists of a variety of water exercise classes to meet the needs of all ages and fitness levels. **All classes can be scaled to any fitness level or ability.** Participants will get out of the class what they put into it.

Participating in water fitness classes is a great way to get a workout that combines a greater range of motion with lower impact on the joints. The natural buoyancy of water supports joints and creates a greater resistance environment to work muscles in all dimensions. Shallow water classes typically are greater impact, while deep water is non-impact exercise.

Water fitness classes are free to all members. Non-swimmers are welcome, but you should be comfortable in the water to participate. Come on in and join the fun!