



AQUATICS SCHEDULE SHELBY COUNTY YMCA September 20th - October 16th

Class schedules are subject to change without notice. Please stay up-to-date with us via Facebook & on the web at shelbycountnymca.org

MON	TUE	WED	THURS	FRI	SAT	SUN
CHILDWATCH HRS: 8:30am-12:30pm, 4:30-7:30pm	CHILDWATCH HRS: 8:30am-12:30pm, 4:30-7:30pm	CHILDWATCH HRS: 8:30am-12:30pm, 4:30-7:30pm	CHILDWATCH HRS: 8:30am-12:30pm, 4:30-7:30pm	CHILDWATCH HRS: 8:30am-12:30pm,	CHILDWATCH HRS: 9am-12pm	CHILDWATCH HRS: CLOSED
6am-8:30am OPEN SWIM	6am-8:30am OPEN SWIM	6am-8:30am OPEN SWIM	6am-8:30am OPEN SWIM	6am-8:30am OPEN SWIM	9am-10:45am SWIM LESSONS	1pm-4pm OPEN SWIM
8:30am-9:30am Aqua Dance Jerico	8:30am-9:30am Aqua Kickboxing Jerico	8:30am-9:30am Aqua Dance Jerico	8:30am-9:30am Aqua Kickboxing Jerico	8:30am-9:30am Aqua Dance Jerico	11:00am- 6:30pm OPEN SWIM	4pm-4:30pm Water Yoga Angie
9:30am-10:30am Water Moves Christie	9:30am-10:30am Aqua Restore Sandy	9:30am-10:30am Water Moves Christie	9:30am-10:30am Aqua Restore Sandy	9:30am-10:30am Water Moves Christie	3-3:15pm <i>Guard Break</i> - CLOSED	
10:30am-11:30am Water Moves 2 Christie	10:30am-12pm OPEN SWIM	10:30am-11:30am Water Moves 2 Christie	10:30am-12pm OPEN SWIM	10:30am-11:30am Water Moves 2 Christie	5-5:15pm <i>Guard Break</i> - CLOSED	
11:30am- 1:30pm OPEN SWIM	12pm-1pm Aqua Smile Lee	11:30am- 1:30pm OPEN SWIM	12pm-1pm Aqua Smile Lee	11:30am- 1:30pm OPEN SWIM		
1:30pm-3:30pm CLOSED	1pm - 1:30pm OPEN SWIM	1:30pm-3:30pm CLOSED	1pm-1:30pm OPEN SWIM	1:30pm-3:30pm CLOSED		
3:30pm- 4:45pm OPEN SWIM	1:30pm-3:30pm CLOSED	3:30pm- 4:45pm OPEN SWIM	1:30pm-3:30pm CLOSED	3:30pm- 8:00pm OPEN SWIM		
4:45pm-6:30pm SWIM LESSONS	3:30pm-5:30pm OPEN SWIM	4:45pm-6:30pm SWIM LESSONS	3:30pm- 5:30pm OPEN SWIM			
6:30 - 8:00 OPEN SWIM	5:30pm-6:30pm Aqua Challenge LaDonna	6:30pm-7pm Family...Me...Seal! LaDonna	5:30pm-6:30pm Aqua Challenge LaDonna			
	6:30pm-7:30pm H2O Fit & Fun Sara	7pm-8:00pm OPEN SWIM	6:30pm-7:30pm H2O Fit & Fun Sara			
	7:30pm-8:30pm OPEN SWIM		7:30pm-8:30pm OPEN SWIM			

- Lap swim is typically available during all open hours.
- Water fitness requires class pass and registration.

COLOR CODE:

OPEN SWIM

WATER FITNESS

PROGRAMING



WATER FITNESS CLASS DESCRIPTIONS SHELBY COUNTY YMCA

M/W/F 8:30

Aqua Dance

Mikaela

Medium Intensity

Dancing in the water provides light resistance work combined with heavy cardio work needed to provide a good workout. This class incorporates music and dance styles of all genres to ensure there is something for everyone to move and groove to. Come get a great workout and have fun while doing it!

M/W/F 9:30am & 10:30am

Water Moves / Water Moves 2

Christie

Low Intensity Aerobics

Come and enjoy exercising in the water with music! This aerobics-style class welcomes anyone of any ability. Water Moves is an opportunity to practice basic water exercises with optional water weights or pool noodles and movements through the water while enjoying music and new friendships. Water Moves 2 will be the same routine as Water Moves, members can attend one Water Moves class, but not both on the same day.

TU/TH 9:30am

Aqua Restore

Sandy

Low Intensity Aerobics

This class is specifically focused on building strength in the water while stretching. This class is perfect for people in recovery from injuries or beginners looking to get into water fitness!

WEDNESDAY 6:30pm

Family & Me Across the Sea

LaDonna

Low—Medium Intensity

Families large or small will enjoy this fun filled, high-energy, cardio water workout. This class uses weights, noodles, kickboards and more!! Fun music, encouragement, and great family bonding time that benefits everyone. Anyone age 5 and up may attend! Begins on 5/25.

TU/TH 8:30am

Aqua Kickboxing

Jerico

Medium— High Intensity

Enjoy a fast paced— cardio class focusing on kickboxing! Kickboxing is a stand up combat sport based on kicking and punching. This class is for anyone and can be modified! The water provides a safe place to practice combat sports while also providing extra resistance in the water.

TU/TH 12pm

Aqua Smile

Lee

Medium Intensity

This class focuses on strength building while using weights, hand paddles, kickboards, and more! The water adds resistance yet relieves muscles and joints. You will get more of a workout in the water, and feel better doing it! You'll leave with a smile after a great workout..

TU/TH 5:30pm

Aqua Challenge

Teejay

High Intensity

This class is a high-energy class meant to get the class pumped for an intense workout. Through fun music, encouragement, and lots of cardio— you will feel challenged to keep coming back for this great workout.

TU/TH 6:30pm

H2O Fit and Fun

Sara

Medium —High Intensity

Enjoy a workout in the water focusing on cardio. This class uses a variety of exercises in the water and incorporates fun equipment such as resistance bands, frisbees, noodles, and kickboards. This class welcomes anyone looking for a workout and can easily be tailored for lower or higher intensity.