



AQUATICS SCHEDULE SHELBY COUNTY YMCA November 1st — November 30th

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
6:00am-7:15am OPEN SWIM	6:00am-8:00am CLOSED	6:00am-7:15am OPEN SWIM	6:00am-8:00am CLOSED	6:00am-8:30am OPEN SWIM	9:15am-10:30am Aqua Power Hour LaDonna	1pm-4:15pm OPEN SWIM
7:20am-8:20am AM Aqua Power Hour Sara	8:00am-9:15am OPEN SWIM	7:20am-8:20am AM Aqua Power Hour Sara	8:00am-9:15am OPEN SWIM	8:30am-9:30am Aqua Abilities Jerico	10:40am-4:15pm OPEN SWIM	
8:30am-9:30am H2O Fit & Fun Sara	9:30am-10:30am Aqua Restore Sandy	8:30am-9:30am H2O Fit & Fun Sara	9:30am-10:30am Aqua Restore Sandy	9:30am-10:30am Water Moves Christie		
9:30am-10:30am Water Moves Christie	10:30am-12:00pm OPEN SWIM	9:30am-10:30am Water Moves Christie	10:30am-12:00pm OPEN SWIM	10:30am-11:30am Water Moves 2 Christie		
10:30am-11:30am Water Moves 2 Christie	12:00pm-1:00pm Aqua Smile Lee	10:30am-11:30am Water Moves 2 Christie	12:00pm-1:00pm Aqua Smile Lee	11:30am-1:30pm OPEN SWIM		
11:30am-1:30pm OPEN SWIM	1:00pm-1:30pm OPEN SWIM	11:30am-1:30pm OPEN SWIM	1:00pm-1:30pm OPEN SWIM	1:30pm-4:00pm CLOSED		
1:30pm-4:00pm CLOSED	1:30pm-4:00pm CLOSED	1:30pm-4:00pm CLOSED	1:30pm-4:00pm CLOSED	4:00pm-8:00pm OPEN SWIM		
4:00pm-4:45pm OPEN SWIM	4:00pm-5:30pm OPEN SWIM	4:00pm-4:45pm OPEN SWIM	4:00pm-5:30pm OPEN SWIM			
4:45pm-7:00pm SWIM LESSONS	5:30pm-6:30pm Aqua Challenge LaDonna	4:45pm-7:00pm SWIM LESSONS	5:30pm-6:30pm Aqua Challenge LaDonna			
	6:30pm-7:30pm H2O Fit & Fun Sara		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

F 8:30am Jerico
AquAbilities Medium Intensity
Combination of dancing and full body workout in the water that provides various resistance combined with heavy cardio. This class incorporates music and dance of all styles and genres to ensure there is something for everyone to move and have fun.

M/W/F 9:30am & 10:30am Christie
Water Moves / Water Moves 2 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 Sandy
Aqua Restore 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! All levels are welcome!

M/ W 7:20am Sara SATURDAY 9:15am & 10:30am LaDonna
AM Aqua Power Hour Medium—High Intensity Aqua Power Hour Medium—High Intensity
During this class, you will enjoy this fun filled, high-energy water workout. This class uses weights, noodles, and kickboards to focus on cardio and muscle conditioning. There will be fun music, and encouragement.

TU/TH 12pm Lee
Aqua Smile 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 LaDonna
Aqua Challenge 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.

M/W 8:30 am; TU/TH 6:30pm Sara
H2O Fit and Fun 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.