



# AQUATICS SCHEDULE SHELBY COUNTY YMCA February 1st — February 29th

Class schedules are subject to change without notice. Please stay up-to-date with us via Facebook & on the web at [shelbycountnymca.org](http://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 <b>OPEN SWIM</b>	6:00am-8:00am <b>CLOSED</b>	6:00am-7:15am <b>OPEN SWIM</b>	6:00am-8:00am <b>CLOSED</b>	6:00am-8:25am <b>OPEN SWIM</b>	9:15am-10:30am Aqua Power Hour LaDonna	1pm-4:15pm <b>OPEN SWIM</b>
7:20am-8:20am AM Aqua Power Hour Sara	8:00am-9:25am <b>OPEN SWIM</b>	7:20am-8:20am AM Aqua Power Hour Sara	8:00am-9:25am <b>OPEN SWIM</b>	8:30am-9:20am AquAbilities Jerico	10:35am- 4:15pm <b>OPEN SWIM</b>	
8:30am-9:20am H2O Fit & Fun Sara	9:30am-10:30am Aqua Restore Sandy	8:30am-9:20am H2O Fit & Fun Sara	9:30am-10:30am Aqua Restore Sandy	9:30am-10:20am Water Moves Christie		
9:30am-10:20am Water Moves Christie	10:30am-11:55pm <b>OPEN SWIM</b>	9:30am-10:20am Water Moves Christie	10:30am-11:55pm <b>OPEN SWIM</b>	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 <b>OPEN SWIM</b>		
11:30am- 1:30pm <b>OPEN SWIM</b>	1:00pm - 1:30pm <b>OPEN SWIM</b>	11:30am- 1:30pm <b>OPEN SWIM</b>	1:00pm - 1:30pm <b>OPEN SWIM</b>	1:30pm-4:00pm <b>CLOSED</b>		
1:30pm-4:00pm <b>CLOSED</b>	1:30pm-4:00pm <b>CLOSED</b>	1:30pm-4:00pm <b>CLOSED</b>	1:30pm-4:00pm <b>CLOSED</b>	4:00pm- 8:00pm <b>OPEN SWIM</b>		
4:00pm- 4:45pm <b>OPEN SWIM</b>	4:00pm-5:25pm <b>OPEN SWIM</b>	4:00pm- 4:45pm <b>OPEN SWIM</b>	4:00pm-5:25pm <b>OPEN SWIM</b>			
4:50pm- 7:00pm <b>SWIM LESSONS</b>	5:30pm-6:20pm Aqua Challenge LaDonna	4:50pm- 7:00pm <b>SWIM LESSONS</b>	5:30pm-6:20pm Aqua Challenge LaDonna			
	6:30pm-7:30pm H2O Fit & Fun Sara		6:30pm-7:30pm H2O Fit & Fun Sara			
	7:30pm-8:30pm <b>OPEN SWIM</b>		7:30pm-8:30pm <b>OPEN SWIM</b>			

- **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.