



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Summer Water Fitness Schedule

July 13–August 19

**Pool Closed 8/20–9/3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:15–9:00am <b>Deep Water            Cadence Running*</b> Tally - LP PAID CLASS			
9–10am <b>The Splash</b> Abbe - LP	9–10a <b>The Splash</b> Abbe - LP	9–10a <b>ELA            Township/Silver            Splash</b> Tally - LP	9–10a <b>The Splash</b> Abbe - LP	9–10a <b>Deep Water            Aerobics</b> Daphne - LP	9–10a <b>H2O Interval</b> Daphne - LP
	10:15–11:15a <b>Aqua Cycling</b> Abbe - LP		10:15–11:15a <b>Water Bootcamp</b> Daphne - LP	10:15–11:00 a.m. <b>Deep Water            Cadence Running*</b> Daphne - LP PAID CLASS	10:15–11:15a <b>Water Bootcamp</b> Daphne - LP



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WATER FITNESS CLASS DESCRIPTIONS:

**Aqua Cycling / Aqua Yoga:** Love your cycling class and the water? Try our new aqua noodle cycling class, using a noodle to move your "cycle" around the pool. This great aerobic workout will also incorporate upper-body muscles as you do jumps, races and flats. For 15 minutes at the end, you go in the warm water pool to cool down with aqua yoga.

**Arthritis:** This program of gentle water exercise is designed for all ages with arthritis, fibromyalgia, and related conditions, as well as any individual who wants to exercise without joint and muscle strain. The soothing warmth and buoyancy of exercising in the warm water pool will help decrease stiffness in joints, improve range of motion, and muscle endurance. Curriculum based off the Arthritis Foundation guidelines.

**Deep Water Aerobics:** A great class for anyone who is comfortable in deep water and needs a "no impact" class. Work aerobically while toning core muscles as you stabilize your body position in the water.

**Deep Cadence Water Running:** Deep Water Cadence Running is a deep-water running class that uses evidence-based, cadence-specific workouts to achieve peak athletic performance. Whether you're training for a run, recovering from an injury or prone to injuries, deep-water running is an impact-free way to engage your entire body while building up your endurance and cardiovascular conditioning. Teresa Triche, a two-time Olympic qualifier, is known for her Deep Water Cadence Running program, which has helped countless runners, soccer players, NBA players, Navy officers and Wounded Warriors veterans recover from injuries and get in the best shape of their lives. There are no pre-qualifications to participate (other than being able to swim comfortably in deep water) and flotation belts are provided by the Y.

**H2O Interval:** A low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tone and taper the entire body.

**Silver Splash:** The Silver Splash class will activate your aqua urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance.

**The Splash:** This high energy, high impact class has choreographed routines set to music. If you enjoy a little singing and dancing, come join in the fun! Using dumbbells and noodles for some deep end work, you'll get a great whole body work out.

**Water Bootcamp:** The high energy class incorporates unique water fitness equipment in a bootcamp style work out.