



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fall 2 2017 Water Fitness SCHEDULE

Water fitness classes in Gray are FREE with your membership! If you are participating in the free classes, please pick up a participation number from the front desk no more than 30 minutes before the class. All water fitness classes are limited to 25 participants.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 a.m. <b>H2O Interval</b> Bruning Pool Mary Beth		8:30-9:15 a.m. <b>H2O Interval</b> Bruning Pool Mary Beth	7:00-7:45 a.m. <b>Deep Water</b> <b>Cadence Running</b> Blake Pool Margaret	7:30-8:15 a.m. <b>H2O Interval</b> Bruning Pool Katrina
	9:30-10:15 a.m. <b>Deep Water Aerobics</b> Bruning Pool Elizabeth		9:30-10:15 a.m. <b>Deep Water Aerobics</b> Bruning Pool Elizabeth	
10:00-11:00a.m. <b>Silver Splash</b> Bruning Pool Susie		10:00-11:00a.m. <b>Silver Splash</b> Bruning Pool Susie		10:00-11:00a.m. <b>Silver Splash</b> Bruning Pool Susie
	12:00-1:00p.m. <b>Arthritis Water</b> <b>Fitness</b> Busse Pool Katrina		12:00-1:00p.m. <b>Arthritis Water</b> <b>Fitness</b> Busse Pool Susie	
7:30-8:15 p.m. <b>H2O Interval</b> Bruning Pool Maureen				

Revised 10/31/17



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## WATER FITNESS CLASS DESCRIPTIONS

**Arthritis Water Fitness** This program of gentle water exercise is designed for all ages with arthritis, fibromyalgia, and related conditions, as well as any individual who want 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 and improve range of motion. (This class is part of the Active Older Adults Program).

**H2O Interval** This is a great class for anyone seeking a low impact opportunity to exercise. Participants of all ages, skill, and fitness levels are welcome. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. This well-rounded class will concentrate on flexibility, range of motion, strength, and cardio.

**Deep Water Aerobics** This class is 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. Participants must be comfortable in deep water to participate in this class.

**Silver Splash®** For a soothing exercise environment, try this water exercise class. Classes are held in shallow water, so you don't need to know how to swim. A Silver Sneakers® kick board is used to increase strength, stability, and balance in the water. Members with arthritis or other joint conditions will find the water comforting and the non-impact workout invigorating. This is a great class for those just getting started in water exercise. Participants must be Silver Sneakers participants.

**Deep Water Cadence 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.





# LATTOF YMCA: BRUNING POOL

Effective Monday, October 30 through Sunday, December 24, 2017

Fall 2017

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY			
	Lane Number				Lane Number				Lane Number				Lane Number				Lane Number				Lane Number							
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
5:00																												
5:30																												
6:00																												
6:30																												
7:00																									LAP SWIM 6:00 - 8:00am			
7:30	LAP SWIM 7:30-8:30am				LAP SWIM 7:30-9:30am				LAP SWIM 7:30-8:30am				LAP SWIM 7:30-9:30am				H2O INTERVAL 7:30-8:15am				SWIM LESSONS 8:00am-12:00pm							
8:00	H2O INTERVAL 8:30-9:15am								H2O INTERVAL 8:30-9:15am								LAP SWIM 8:30-10:00am		OPEN SWIM 8:30-10:00am									
8:30	OPEN SWIM				DEEP WATER AEROBICS 9:30am-10:15am				OPEN SWIM				DEEP WATER AEROBICS 9:30am-10:15am				SILVER SPLASH 10:00-11:00am											
9:00	SILVER SPLASH 10:00-11:00am								SILVER SPLASH 10:00-11:00am								OPEN SWIM 11am-12pm											
9:30	OPEN SWIM 11am-12pm				OPEN SWIM				OPEN SWIM				OPEN SWIM															
10:00	GYM & SWIM 11:30-12pm																											
10:30																												
11:00																												
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1:00																												
1:30																												
2:00																												
2:30																												
3:00																												
3:30																												
4:00									Extreme Afternoon 4-4:30pm																			
4:30																												
5:00	SWIM LESSONS 4:30-6:30pm		SWIM TEAM 5-7pm		SWIM LESSONS 4:30-6:30pm		SWIM TEAM 5-6pm		SWIM LESSONS 4:30-6:30pm		SWIM TEAM 5-7:30p		SWIM LESSONS 4:30-6:30pm		SWIM TEAM 5-7:30pm		LAP SWIM 5:00-7:30PM		SWIM TEAM 5:30-7:30pm		Children under 11 years old must be accompanied in the water at all times by an adult over 18 years old. NOTE: No Noodles in Deep end of pool except for lessons and water fitness classes. Swim tests are required to swim in the deep end. Pool temperature is 84° ± 1°							
5:30	Pool Closed				SYNCHRO 6:00-8:00pm				Lap Swim 6:30-9:30p				OPEN SWIM 8:30-9:30pm				OPEN SWIM 8:00pm-9:30pm											
6:00	H2O INTERVAL 7:30-8:15pm																											
6:30	OPEN SWIM 8:30-9:30pm				OPEN SWIM 8:00pm-9:30pm																							
7:00																												
7:30																												
8:00																												
8:30																												
9:00																												

Pools close 9:30 PM Mon-Fri, 5:30pm on Sat. and Sun.  
Schedule subject to change without notice.



# LATTOF YMCA: BUSSE POOL

Effective Monday, October 30 through Sunday, December 24, 2017

Fall 2 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7:00								7:00	
7:30								7:30	
8:00								8:00	
8:30								8:30	
9:00		SWIM LESSONS 9-9:30am						9:00	
9:30	SWIM LESSONS 9:30-10:00					SWIM LESSONS 9:00am-12:00pm		9:30	
9:45								9:45	
10:00								10:00	
10:30								10:30	
11:00	SWIM LESSONS 11-11:30am	SWIM LESSONS 11-11:30am						11:00	
11:15								11:15	
11:30								11:30	
12:00		Arthritis 12-1pm		Arthritis 12-1pm				12:00	
12:30								12:30	
1:00								1:00	
1:30								1:30	
2:00								2:00	
2:30								2:30	
3:00								3:00	
3:30								3:30	
4:00								4:00	
4:30	SWIM LESSONS 4:30-7:00pm	SWIM LESSONS 4:30-6:30pm	SWIM LESSONS 4:30-6:00pm	SWIM LESSONS 4:30-8:00pm				4:30	
5:00									5:00
5:30									5:30
6:00						Children under 11 years old must be accompanied in the water at all times by an adult over 18 years old. Pool temperature is 88° + 1°	6:00		
6:30							6:30		
7:00							7:00		
7:30							7:30		
8:00							8:00		
8:30							8:30		
9:00							9:00		

Pools close 9:30 PM Mon-Fri, 5:30pm on Sat., and 5:30pm on Sun.

**Schedule subject to change without notice.**