



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## November 2023 Aquatics Schedule – Wilkes Family YMCA

We are so glad you will be joining us in the pool at the Y! We invite members and their guests in middle school\* and up to give your body the gift of low/no impact workouts using the resistance of the water. Choose between our 82-83-degree Lap Pool and our 88-89-degree Sunshine Pool. Our pool availability is based on the different programming we have going on in the pool. Please check availability upon arrival. \*

\*All youth 12 and under must be accompanied by an adult.\*

\*Swim Meet Dates are 11/17 and 11/30\*

Unless otherwise noted, there will be a swim lane available for member lap swim. Please see a lifeguard for a designated lane.

### MONDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
8:00a	8:45a	Deep Water Extreme	Lap Lanes 1,2,3,4	Lap Lanes 5,6, Sunshine Pool
9:00a	9:45a	Aqua Fit	Sunshine Pool	Lap Pool
10:00a	10:45a	Aqua Basics	Sunshine Pool	Lap Pool
11:00a	11:45a	Sweat'n & Step'n	Sunshine Pool	Lap Pool
4:00p	5:00p	AC Swim Team	Lap Lanes 1,2,3	Sunshine Pool
4:45p	6:00p	Swim TYDE	Lap Lanes 4,5,6	Sunshine Pool
5:00	6:30	Swim Lessons	½ Sunshine Pool	½ Sunshine Pool, Lap Lanes 1,2,3
6:00p	7:15p	Wilkes Swim Team	Lap Lanes 4,5,6,	Lap Lanes 1,2,3, Sunshine Pool

### TUESDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
4:00p	5:00p	AC Swim Team	Lap Lanes 1,2,3	Sunshine Pool
4:45p	6:00p	Swim TYDE	Lap Lanes 4,5,6	½ Sunshine Pool
5:00p	6:30p	Swim Lessons	½ Sunshine Pool	½ Sunshine Pool
5:15p	6:00p	Deep Water Extreme	Lap Lanes 1,2,3	½ Sunshine Pool
6:00p	7:15p	Wilkes Swim Team	Lap Lanes 4,5,6,	Lap Lanes 1,2,3,
6:10p	6:55p	Aqua Fit	Sunshine Pool	Lap Lanes 1,2,3

### WEDNESDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
8:00a	8:45a	Deep Water Extreme	Lap Lanes 1,2,3,4	Lap Lanes 5,6/Sunshine Pool
9:00a	9:45a	Aqua Fit	Sunshine Pool	Lap Pool
10:00a	10:45a	Aqua Basics	Sunshine Pool	Lap Pool
11:00a	11:45a	Sweat'n & Step'n	Sunshine Pool	Lap Pool
4:00p	5:00p	AC Swim Team	Lap Lanes 1,2,3	Sunshine Pool

### THURSDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
4:00p	5:00p	AC Swim Team	Lap Lanes 1,2,3	Sunshine Pool
4:45p	6:00p	Swim TYDE	Lap Lanes 4,5,6	½ Sunshine Pool
5:00p	6:30p	Swim Lessons	½ Sunshine Pool	½ Sunshine Pool
5:15p	6:00p	Deep Water Extreme	Lap Lanes 1,2,3	½ Sunshine Pool
6:00p	7:15p	Wilkes Swim Team	Lap Lanes 4,5,6,	Lap Lanes 1,2,3,
6:10p	6:55p	Aqua Fit	Sunshine Pool	Lap Lanes 1,2,3

### FRIDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
7:00a	7:45a	Aqua HITT	Lap Lanes 5,6	Lap Lanes 3,4/Free Swim/Sunshine
8:00a	8:45a	Deep Water Extreme	Lap Lanes 1,2,3	Lap Lanes 4,5,6/Sunshine Pool
9:00a	9:45a	Aqua Fit	Sunshine Pool	Lap Lanes 3,4,5,6/Free Swim Area
10:00a	10:45a	Aqua Basics	Sunshine Pool	Lap Lanes 3,4,5,6/Free Swim Area
11:00a	11:45a	Sweat'n & Step'n	Sunshine Pool	Lap Lanes 3,4,5,6/Free Swim Area

### SATURDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
9:00a	11:45a	Swim Lessons	Sunshine Pool	All Lap Lanes, Free Swim Area



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**Aqua Basics – Level 1** – Shallow water class, Aqua Basics will help individuals develop muscle strength while increasing static balance, range of motion and flexibility, and relieving tension from injured joints.

**Aquafit – Level 2** – Shallow water class, Aquafit is a low impact program developed to give you an aerobic workout while developing muscle tone and endurance.

**Cardio Splash – Level 3** – Shallow Water Class, get moving with choreographed dances and upbeat music! The instructor teaches from the pool deck while participants can enjoy a low impact workout. Cardio Splash is open to anyone looking to try something new, and is great for folks recovering from injuries or looking to add some resistance to their workout.

**Sweat'n & Step'n – Level 3** – Shallow Water Class, each class will focus on targeting different muscle groups while incorporating high intensity cardiovascular conditioning. This class is designed to strengthen your core and overall strength.

**Deep Water Extreme – Level 4** – Deep Water Class, this class uses a combination of strength training drills to target different muscle groups. Exercise combinations will challenge balance, flexibility, and endurance throughout the whole body. Classes also build strength through different equipment to add resistance.

**Aqua HITT – Level 4 – Deep Water Class** – Aqua HITT will challenge all fitness levels! Confidence in deep water is highly suggested in this high energy, total body conditioning class. Resistance equipment is used to increase intensity and flotation belts are available if needed. Workout together, but at your own pace!