



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

WATER FITNESS SCHEDULE: STOKES FAMILY YMCA

MONDAY

START	END	PROGRAM	NOTES
10:30am	11:15am	Lanes 1-4 Shallow	Aquafit

TUESDAY

START	END	PROGRAM	NOTES
10:00am	10:45am	Lanes 1-4 Deep	Deep Water Extreme
11:15am	12:00pm	Lanes 1-4 Shallow	Aquafit
5:30pm	6:15pm	Lanes 1-2 Deep	Aqua Athletics

WEDNESDAY

START	END	PROGRAM	NOTES
10:30am	11:15am	Lanes 1-4 shallow	Aquafit

THURSDAY

START	END	PROGRAM	NOTES
10:00am	10:45am	Lanes 1-4 Deep	Deep Water Extreme
11:15am	12:00pm	Lanes 1-4 Shallow	Aquafit
5:30pm	6:15pm	Lanes 1-2 Deep	Aqua Athletics

FRIDAY

START	END	PROGRAM	NOTES
10:30am	11:15am	Lanes 1-4 shallow	Aquafit

Class Descriptions

Aquafit

This is a shallow water fitness class. It is a combination of cardio & strength exercises. This class will encourage building muscle, improving cardio & burning calories. This is a non-impact exercise program. It's designed to give you an aerobic workout while developing your muscle tone & endurance.

Deep Water Extreme

Join us for a fun "No Impact" water workout. Cardiovascular fitness is increased through interval workouts using adaptations of jogging, bicycling, kicking, swimming, & jumping jacks. Muscle strength & flexibility is increased through resistance exercises using kick boards, noodles, & hand weights.

Water Athletics

This is a full body workout, a combination of cardio respiratory, muscle conditioning, and interval training. Conducted in the deep end, participants can increase range of motion using non-impact movements. Flotation is provided.

Lane allocation will adjust depending on participation numbers.

Lifeguard has final say so regarding pool policies and lanes usage.

Lanes 1 and 6 are frequently used for swim tests as needed.

Multiple activities are often scheduled in this pool at the same time.

- Lane changes are made by the lifeguard 5 minutes before the time indicates.
- Please get equipment (kickboards, pull buoys, etc) before entering the pool and please put them away after use.
- To avoid accidents please get the swimmer's attention that you are there before entering an occupied lane.
- If there are 2 swimmers in a lane they may elect to split the lane in half; use circle swim when 3+ swimmers are in a lane.
- There is no guarantee for an individual lane.
- Children 8th grade and younger must be swim tested to determine swim level; All elementary age children (5th grade & under) must have a parent or guardian (18+) on pool deck/area at all times regardless of swim level.
- Color bands must be worn – GREEN (Swimmer-can swim anywhere), RED (Non-swimmer-shallow end only)
 - See Swim Test Policy for details regarding the swim tests
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

Any questions/concerns contact: Aquatics Director Kyle Holmes (336)985-9622 or kyle.holmes@ymcanwnc.org

STOKES FAMILY YMCA

105 Moore Road, King, NC 27021

P 336 985 9622 F 336 985 3976 www.stokesymca.org A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.