



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS SCHEDULE – Wilkes Family YMCA

Mondays & Wednesdays

START	END	CLASS	LOCATION	INSTRUCTOR
8:00 AM	8:50 AM	Aquafit Energizers	Lap Lanes 1-4	Linda
9:00 AM	9:50 AM	Aquafit- Shallow Water	Sunshine Pool	Linda
10:00 AM	10:50 AM	Strength & Stretch	Sunshine Pool	Sheri
11:00 AM	11:50 AM	Strength & Stretch	Sunshine Pool	Sheri

Tuesdays

START	END	CLASS	LOCATION	INSTRUCTOR
9:30 AM	10:20 AM	Aqua Deep/Shallow Water Combo	Lap Lanes 1-2	Sheri

Thursdays

START	END	CLASS	LOCATION	INSTRUCTOR
8:00 AM	9:50 AM	Volleyball	Sunshine Pool	Linda

Fridays

START	END	CLASS	LOCATION	INSTRUCTOR
8:00 AM	8:50 AM	Aquafit Energizers	Lap Lanes 1-4	Linda
9:00 AM	9:50 AM	Aquafit- Shallow Water	Sunshine Pool	Linda
10:00 AM	10:50 AM	Strength & Stretch	Sunshine Pool	Sheri
11:00 AM	11:50 AM	Volleyball	Sunshine Pool	Sheri

No registration necessary for attendance. Children 8th grade and below are not permitted to attend, unless they have completed their three (3) Middle School Orientation (MSO) sessions (please speak with a Membership Representative for more information on MSOs).

Tips for Success:

- * Don't forget your water bottle
- * Bring a towel
- * Wear non-slip water shoes

Wilkes Family YMCA

1801 YMCA Blvd, Wilkesboro 28697

P 336 838 3991 www.wilkesymca.org

Our Mission: "Helping ALL people reach their God-given potential in spirit, mind and body."



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CLASS DESCRIPTIONS

Level 1: Strength & Stretch (*Mondays, Wednesdays, & Fridays 9AM-9:50AM; Mondays & Wednesdays 10AM-10:45AM*) – These are active classes that work on core stability, toning, strengthening and cardio exercises in the Main Pool. Some music may be involved.

Level 2: Aquafit-Shallow Water (*Mondays, Wednesdays, Fridays 9AM-9:50AM*) – This is a low impact exercise program. It's designed to give you an aerobic workout while developing your muscle tone & endurance. This program features strengthening and stretching exercises through: warm-up, range of motion, flexibility, functional muscle conditioning, muscle strengthening and toning activities. Some music may be involved.

***Volleyball** (*Thursdays 8am-9:50am; Fridays 11AM-11:50AM*) – This is an activity fit to our Aquafit-Shallow Water participants' abilities, though all are welcome! It is a fun way to target different fitness goals through Water Fitness. *An inflatable beachball is used as the 'volleyball'.

Level 3: Aquafit Energizers (*Mondays, Wednesdays, Fridays 8AM-8:50AM*) – 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 kickboards, noodles, & hand weights. Some music may be involved.

Level 4: Aqua Deep/Shallow Water Combo (*Tuesdays 9:30AM-10:20AM*) – This class uses a combination of strength training drills to target different muscle groups in both deep and shallow water. Exercise combinations will challenge balance, flexibility and endurance throughout your core, arms and legs. Each class also includes cardiovascular training using a variety of training tools including noodles, water weights and kickboards to add resistance. Some music may be involved.

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