



## FULTON FAMILY YMCA

# WATER FITNESS

## DECEMBER 2017 POOL SCHEDULE

### MONDAY

5:30am-9:00am Adult Swim  
 9:00am-10:00am **Active Aqua Fit** w/Cindy Gorea  
 10:00am-12:00pm Open/SACC  
 12:00pm-1:00pm **Water Walking**  
 4:00pm-5:00pm Adult Swim  
 5:00pm-7:00pm Open Swim  
 7:00pm-8:00pm **Aqua Aerobics** w/Sherry Eichmann

### TUESDAY

5:30am-8:00am Adult Swim  
 8:00am-11:30am Open Swim/SACC  
 11:30am-1:00pm **Arthritic Swim** w/Norm Hickox  
 4:00pm-5:00pm Open Swim  
 5:00pm-6:30pm Swim Lessons  
 6:30pm-7:30pm **Aqua Aerobics** w/ Michael Scaries  
 7:30pm-8:00pm Open Swim

### WEDNESDAY

5:30am-9:00am Adult Swim  
 9:00am-10:00am **Active Aqua Fit** w/Cindy Gorea  
 10:00am-11:00am Preschool Swim Lessons  
 11:00am-12:00pm Open Swim  
 12:00pm-1:00pm **Water Walking**  
 4:00pm-5:00pm Adult Swim  
 5:00pm-7:00pm Open Swim  
 7:00pm-8:00pm **Aqua Aerobics** w/Sherry Eichmann

### THURSDAY

5:30am-8:00am Adult Swim  
 8:00am-10:00am Open Swim  
 10:00am-11:00am Preschool Swim Lessons  
 11:00am-11:30am Open Swim  
 11:30am-1:00pm **Arthritic Swim** w/Norm Hickox  
 4:00pm-5:00pm Open Swim  
 5:00pm-6:30pm Swim Lessons  
 6:30pm-8:00pm Open Swim

### FRIDAY

5:30am-9:00am Adult Swim  
 9:00am-10:00am **Active Aqua Fit** w/Cindy Gorea  
 10:00am-11:00am Preschool Swim Lessons  
 11:00am-1:00pm Open Swim  
 4:00pm-7:00pm Adult Swim  
 7:00pm-8:00pm **Aqua Aerobics** w/Sherry Eichmann

### SATURDAY

7:00am-8:15am Adult Swim  
 8:15am-9:15am **Aqua Zumba** w/Bev Aubin  
 9:30am-12:00pm **Swim Lessons**  
 12:00pm-1:00pm **\*Pool Rental/ Open Swim**  
 1:00pm-3:30pm Open Swim

### SUNDAY

9:00am-12:00pm Adult Swim  
 12:00pm-1:30pm Family/Open Swim



\*\* PUNCH CARD 12 CLASSES FOR \$60.00

\$ MEMBER BENEFIT PROGRAM—PREREGISTER SEE REVERSE SIDE FOR DETAILS

FULTON FAMILY YMCA 715 W Broadway Fulton NY 13069 315-598-9622 [www.fultonymca.com](http://www.fultonymca.com)

**INTENSITY LEVELS:** ▲ Low Intensity ■ Low/Medium ◆ Medium/High ● High

Some classes can be adjusted to a lower intensity.

\*\*PUNCH CARD CLASSES

\$ PAID PROGRAM-PREREGISTER

▲ **Arthritic Swim:** Exercises include walking, gentle stretching, flexing, extension and range-of-motion. Exercises are done in shallow water and focus on activities of daily living, moving a joint through your range of motion and holding it to feel a gentle stretch in the muscle.

**Water Walking:** Instructors lead the class through a light-intensity cardio workout that consists of walking around in the water. Movements are forward, backward, and side-to-side. Different types and styles of walking movements are preformed such as forward, backward, and side-to-side.

■ **Active Aqua Fit:** Active Aqua Fit utilizes the physical properties of water to enhance agility, range of motion, and cardiovascular conditioning. This class is designed for all active older adults or those who wish to start being active. It will help enhance each Individual's quality of life and daily function.

◆ **Aqua Zumba:** Classes vary each week. Your instructor will incorporate several world dance styles such as merengue, salsa, reggae, mambo, rumba, flamenco, calypso and salsa into the water fitness class. Through dance, you get a warm-up, great cardio workout and cool down in the pool. (will return in September)

**Aqua Aerobics:** Water Aerobics combines a variety of techniques from land aerobics. Walking or running with the addition of Aquatics strength training equipment provide a superior resistance workout. Water reduces the risk of muscle or joint pain while toning muscles. Participants can choose the level of their workout with the help of the instructor.

## YOUTH SWIM LESSONS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Y swim instructors are CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.



## POOL FACTS

- ◆ Coast Guard approved PFD's must be worn by all non-swimmers and children under 4ft tall. Any child who cannot swim must have an adult in the water with them.
- ◆ Appropriate swimwear only, no cut off jeans/pants.
- ◆ Thunder & Lightning - The pool will close and will reopen 30 minutes after it has passed.
- ◆ Pool temperature is 87 degrees
- ◆ \*Pool Rental-When pool parties are not booked this time slot is open swim. Please call for availability.
- ◆ \* SACC- The YMCA School Age Children will be using the pool during the designated time slots when Fulton City Schools are closed.