FULTON FAMILY YMCA

WATER FITNESS

SPRING 2017 POOL SCHEDULE

MONDAY

5:30am-9:00am	Adult Swim
9:00am-10:00am	**Active Aqua Fit** w/Cindy Gorea
10:00am–11:30am	*Preschool/SACC
11:30am-12:00pm	Adult 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

TUESDAY

5:30am-8:00am	Adult Swim
8:00am-10:00am	Open Swim
10:00am–11:30am	*Family Swim/ SACC
11:30am-1:00pm	**Arthritic Swim** w/Norm Hickox
4:00pm-5:00pm	Open Swim
5:00pm-6:00pm	***Swim Lessons**
6:15pm-7:15pm	**Aqua Zumba®** w/Bev Aubin
7:15pm-8:00pm	Open Swim

*** February 21st Family Swim 1:00pm-2:30pm***

WEDNESDAY

5:30am-9:00am	Adult Swim
9:00am-10:00am	**Active Aqua Fit** w/Cindy Gorea
10:00am–11:30am	*Preschool/SACC
11:30am-12:00pm	Adult 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–11:30am	*Preschool/SACC
11:30am-1:00pm	**Arthritic Swim w/**Norm Hickox
4:00pm-5:00pm	Open Swim
5:00pm-6:00pm	***Swim Lessons**
6:15pm-7:15pm	**Aqua Aerobics w/** Michael Scaries
7:15pm-8:00pm	Open Swim

FRIDAY

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

SATURDAY

7:00am-8:15am	Adult Swim
8:15am-9:15am	**Aqua Aerobics** w/Betsy Copps
9:30am-11:30am	**Swim Lessons**
11:30am-12:00pm	Adult Swim
12:00pm-1:00pm	***Pool Rental/ Open Swim**
1:00pm-2:30pm	Open Swim
2:30pm-3:30pm	***Pool Rental/ Open Swim**
3:30pm-4:30pm	Open Swim

SUNDAY

9:00am-12:00pm	Adult Swim
12:00pm-2:00pm	Family/Open Swim

**** PUNCH CARD 10 CLASSES FOR $60.00**

$ MEMBER BENEFIT PROGRAM—PREREGISTER

*** SEE REVERSE SIDE FOR DETAILS**

- **Make up Swim lesson times for our preschool program will be from 10:00am-11:00am on the following dates: March 3rd, March 7th, March 10th, March 17th, March 21st, March 24th. * There will not be open swim during that time***

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.

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 LESSSONS

Registration is required. See the front desk for registration dates and class times.
FREE with a Fulton Family YMCA Family membership, fee with a Fulton Family YMCA Youth Membership.

Parent and Child (6 months-2 years old)

Parent attends with child. Parent and Child water exploration for toddlers.

Preschool (3-5 years old)

Introduction to the pool for preschoolers. Learn basic swimming skills while gaining confidence in the water.

Level 1 (Based on skill level)

Beginning to swim on their own with assistance. Builds skills and confidence in the water, learning new strokes.

Level 2 (Very comfortable in the water, has passed level 1)

For swimmers that are acclimated to water, want to try new skills with encouragement, can float on stomach/back and put their face in the water. Perfecting swimming stroke techniques and skills.

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.