



Y WATER FITNESS

We build strong kids, strong families, strong communities.

AQUACIZE

This is a high intensity workout done mostly in the shallow end of the pool. The instructors incorporate 30 minutes of aerobics with strength training, stretching and abdominal crunches for a total body workout.

PARENT/TOT SWIM FIT

A fun new way to work out and have fun with your child (6 mo to 3 yrs). We lift and sway, swirl and sing. It's 30 minutes of aerobic exercise followed by 15 minutes of playtime together. Registration required. Class meets for 6 weeks. **This Value Added class requires registration**



DEEP WATER AEROBICS

This class is done in the deep end of the pool with floatation for absolutely no impact. Due to our concern for participant safety, it is recommended that persons are able to swim to the side

FITNESS SWIMMING

This program is designed for active individuals looking to incorporate lap swimming as part of his/her exercise program. Participants should have skills and knowledge of front and back crawl. A variety of training techniques will be used in the workouts to meet specific fitness and training goals.

Registration is required for this six week course. FREE to YMCA Members.

Arthritis Foundation YMCA Aquatic Program

This program is designed for people of any age living with arthritis, rheumatic diseases, or related conditions. The goal is to improve muscular strength, endurance and flexibility.

SENIOR EXERCISE 55+

W.A.V.E.S. (Water Aerobics Via Energized Seniors)

This is a low impact (won't hurt joints), high energy (aerobic) class. Great cardio workout and stretches. Either class is free to members or \$5.00 per visit for non-members.

Beginner W.A.V.E.S

This class is designed for those beginning an exercise program. Individuals will improve balance, range of motion and strength.

THIS SCHEDULE MAY BE SUBJECT TO CHANGE

PROGRAM	Mon	Tue	Wed	Thu	Fri	Sat
Aquacize High Intensity (Shallow Water)	8:30-9:20 AM 6:00-6:50 PM	6:30-7:20 AM 1:00-2:00 PM 5:30-6:30 PM	6:30-7:20 AM 8:30-9:20 AM 6:00-6:50 PM	5:30-6:30 pm	8:30-9:20 AM	8:00-8:50 AM
Deep Water Power Aerobics		8:30-9:30 AM 5:30-6:30 PM		8:30-9:30 AM 1:00-2:00 PM		
Arthritis Foundation YMCA Aquatic Program	11:00-11:45 AM	11:00-11:45 AM	11:00-11:45 AM	11:00-11:45 AM	11:00-11:45 AM	
Parent/Tot Swim Fit (6mos. - 3 yrs) Please register			10:10-10:55 AM			
Seniors 55+ Beginner W.A.V.E.S.	1:00-1:45 PM		1:00-1:45 PM		1:00-1:45 PM	
W.A.V.E.S.	2:00-3:00 PM		2:00-3:00 PM		2:00-3:00 PM	
Water Walking	During any Open/Lap Swim	During any Open/Lap Swim	During any Open/Lap Swim	During any Open/Lap Swim	During any Open/Lap Swim	During any Open/Lap Swim
FITNESS SWIMMING					6:00-6:45 AM	

LAP & OPEN SWIM SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Laps Only	5:00-8:00 AM 12:00-1:00PM	5:00-8:00 AM 12:00-1:00PM	5:00-8:00 AM 12:00-1:00PM	5:00-8:00 AM 12:00-1:00PM	5:00-8:00 AM 12:00-1:00PM	7:00-8:00 AM	Closed
Open Swim Both Pools	9:30-11:00 AM 3:00-4:30 PM 7:00-8:00 PM	9:30-11:00 AM 3:00-5:30 PM 7:00-8:00PM	3:00-4:30 PM 7:00-8:00 PM	3:00-6:00 PM 7:00-8:00PM	9:30-11:00 AM 3:00-8:00 PM	11:00-4:00PM	
Open Swim Small Pool Only	12:00-1:00 PM	12:00-2:00 PM	9:30-11:00 AM 12:00-1:00PM	12:00-2:00 PM	12:00-1:00PM		

Lap lanes are available throughout the entire day. During swim lessons, exercise classes and open swims, lanes may be restricted. Please share lanes and use lap swimming etiquette during these busy times. Pool hours 5:00 AM- 8:00 PM Weekly, 7:00 AM-4:00 PM Saturday

Check us out on the web! YMCA Website—www.kokomoyymca.org