

GROUP WATER:

AQUA ZUMBA

- * Low impact, high-energy aquatic exercise
- * Aqua Zumba blends the Zumba philosophy with water resistance
- * Less impact on your joints
- * Water creates natural resistance, which helps tone muscles

DEEP WATER AEROBICS

- * Invigorating class to increase your sense of well-being through muscle toning
- * While suspended in the deep water with your buoyancy equipment, you can perform almost any activity in the water that you do on land
- * Zero impact class due to being in the deep water
- * Must be comfortable in the water to participate in this class

WATER AEROBICS

- * Increase your strength, endurance, and flexibility
- * Enjoy the water's buoyancy and resistance throughout this easy-impact workout

RUSTY HINGES

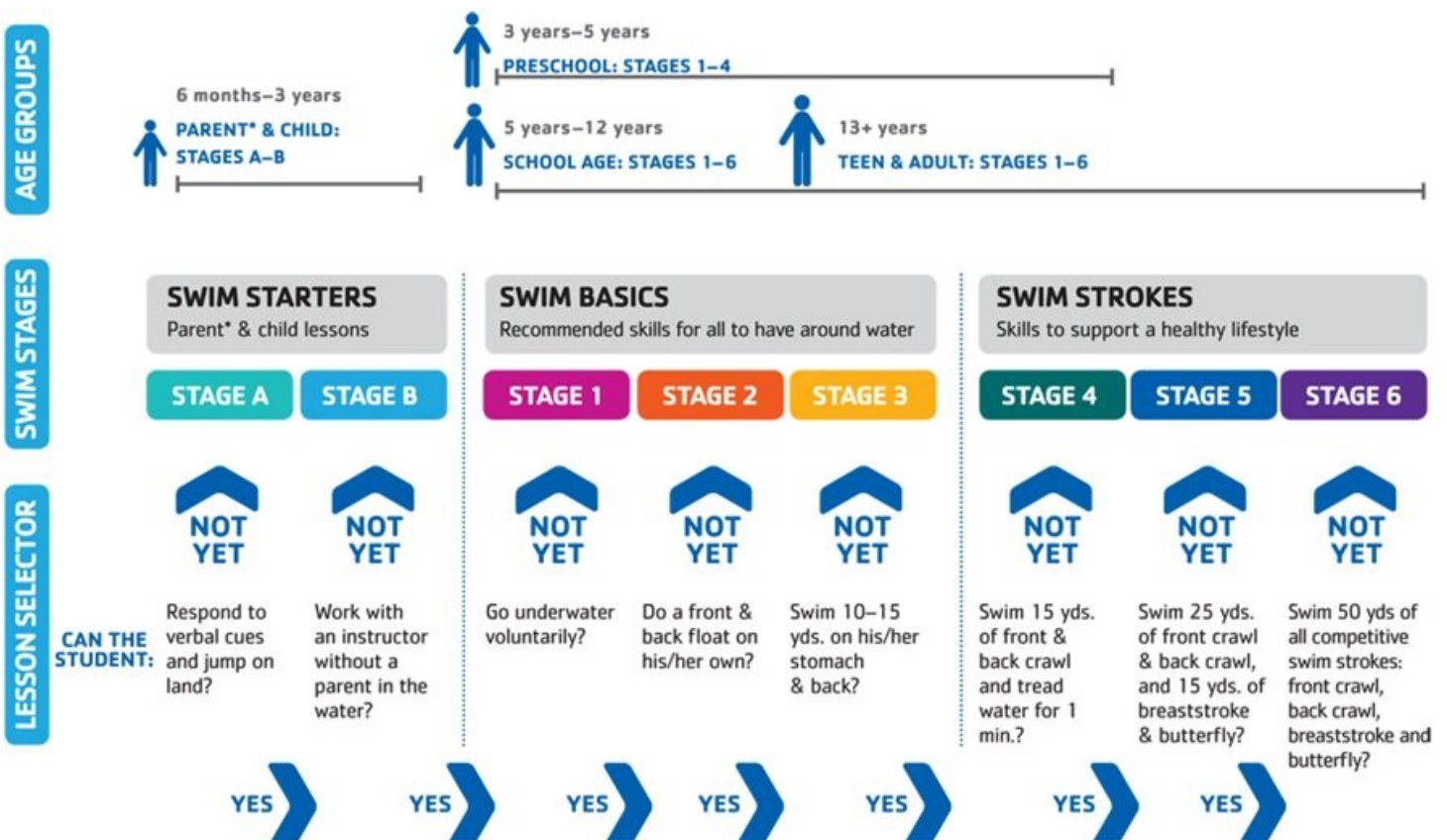
- * Shallow water workout
- * Focuses on range of motion, flexibility and light cardio
- * Non-impact with resistance
- * Great for arthritis and joint pain and/or recovering from an injury

ROGUE H2O

- * Class for any fitness level
- * Vigorous aerobic exercise with little joint impact
- * Improves your cardio level while strengthening your muscles

Rules:

Minimum age of 10 to be in the Aquatics Area by yourself, otherwise you must be accompanied by a parent or guardian age 14 or older. During classes you may only swim the width of the pool.





SALT FORK YMCA POOL SCHEDULE

Fall 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Holiday & Inclement weather may effect the Aquatics Area availability.
Please call the YMCA at 886-9622 to check on closures or swim times.

Lightning Policy: In case of thunder/lightning storms, we will close the pool as recommended by YMCA of the USA guidelines. The pool will remain closed for 30 minutes after each detected lightning strike. Lifeguard on duty will make official decision on weather openings/closings.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	Closed
6:00 AM	-	-	-	-	-	-	-
6:30 AM	-	Deep Water 6:45am-7:30am	-	Deep Water 6:45am-7:30am	-	-	-
7:00 AM	-		-		-	-	-
7:30 AM	-	Open Swim	-	Open Swim	-	Open Swim	-
8:00 AM	Water Aerobics 8am-9am	-	Water Aerobics 8am-9am	-	Water Aerobics 8am-9am		-
8:30 AM		-		-		-	-
9:00 AM	Rusty Hinges 9am-10am	Rogue H2O 9am-10am	Rusty Hinges 9am-10am	Rogue H2O 9am-10am	Rusty Hinges 9am-10am	Aqua Zumba 9am-10am	-
9:30 AM							-
10:00 AM	Swim Lessons	Open Swim	Swim Lessons	Open Swim	Open Swim	-	-
10:30 AM	-	-	-	-	-	-	-
11:00 AM	Open Swim	-	Open Swim	-	-	-	-
11:30 AM	-	-	-	-	-	-	-
12:00 PM	-	-	-	-	-	-	-
12:30 PM	-	-	-	-	-	-	-
1:00 PM	Closed	Closed	Closed	Closed	Closed	-	Open Swim
1:30 PM						-	
2:00 PM						-	
2:30 PM						-	
3:00 PM						-	
3:30 PM						-	
4:00 PM	Swim Team 3:30-5:00pm	Swim Team 3:30-5:00pm	Rogue H2O 4:00-5:00pm	Swim Team 3:30-5:00pm	Open Swim	-	-
4:30 PM	-	-	-	-	-	-	-
5:00 PM	Swim Lessons 5:00-5:30pm	Open Swim	Swim Lessons 5:00-5:30pm	Open Swim	-	-	Closed
5:30 PM	-	-	-	-	-	Closed	
6:00 PM	Deep Water 5:30pm-6:30pm	Aqua Zumba 5:30pm-6:30pm	Deep Water 5:30pm-6:30pm	Aqua Zumba 5:30pm-6:30pm	Closed	-	-
6:30 PM	-	-	-	-	-	-	-
7:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	-	-	-
7:30 PM	-	-	-	-	-	-	-
8:00 PM	Closed	Closed	Closed	Closed	-	-	-

Aquatics Area will close from 1:00pm—3:30pm, Monday through Friday beginning in September. During shallow end classes you may use the Deep End and Deep End classes you may use the shallow end- if this schedule does not have it grayed out..