

WATER FITNESS

WW: Warm Water Pool

MU: Multi-Use Pool

Class descriptions available on next panel.

Time	Class	Pool	Instructor
<u>Monday & Wednesday</u>			
7:30-8:30am	Aqua Fit	WW	Lauren
9:00-10:00am	Power Splash	MU	Nicole
10:00-11:00am	Deep Water Jam	MU	Nicole
11:00-12:00pm	Aqua Fit	WW	Charlsey
7:30-8:30pm	Aqua Fit	WW	Robin
<u>Wednesday</u>			
5:30-6:30pm	Aqua Fit	WW	Leslie
<u>Tuesday & Thursday</u>			
8:00-9:00am	Aqua Fit	WW	Leslie
11:00-12:00pm	Aqua Fit	WW	Charlsey
1:00-2:00pm	SilverSplash@	WW	Josette
TBD	Aqua Zumba@	MU	TBD
6:30-7:30pm	Aqua Fit	WW	Kayla
<u>Friday</u>			
7:30-8:30am	Aqua Fit	WW	Lauren
9:00-10:00am	Power Splash	MU	Nicole
10:00-11:00am	Deep Water Jam	MU	Nicole
11:00-12:00pm	Aqua Fit	WW	Charlsey
<u>Saturday</u>			
11:30-12:30pm	Aqua Fit	WW	Leslie

SPECIAL NOTES:

- Participants are encouraged to workout at their own level.
- Try different classes and instructors to find the best class for you!
- The aquatic schedule is subject to change due to classes, swim meets or other programs.

POOL RULES

1. The lifeguard has sole authority over the entire pool area.
2. All non-swimmers must be accompanied by a responsible adult within arms distance in the pool and remain in the shallow end.
3. Prolonged breath holding is not permitted.
4. Floatation devices that require air may not be used.
5. Proper swimming attire (swim suit/swim trunks) are required at all times.
6. Persons with open wounds or any infectious communicable diseases are not allowed in the pool.
7. All persons must be potty trained or wear a swim diaper.
8. Diving is only allowed in 9 feet of water.
9. Show respect: no running, rough horseplay, dunking or pushing into the water.

CLASS DESCRIPTIONS

Aqua Fit: This class uses the water's natural resistance for increasing muscular strength, endurance, flexibility, and cardiovascular efficiency with reduced stress on the joints. This class is for all fitness levels. (WW)

Aqua Zumba@: Latin/international music dance routines featuring rhythmic aerobic interval training and easy to follow dance steps that tone and sculpt the body. (MU)

Deep Water Jam: Performed in deep water with water belts to improve strength and endurance. Challenge your fitness goals with this fun class! (MU)

Power Splash: A cardio workout containing mid to high intensity circuits and toning with various equipment. (MU)

SilverSplash@: This is a light to moderate intensity class designed to progressively increase muscular strength, cardiovascular and muscular endurance, range of movement, balance, coordination and agility and to improve daily living activities for older adults. (WW)

WINTER 2012



Beaumont Centre Family YMCA
www.ymcaofcentralky.org

LAP SWIM

() = number of lanes available

Monday

5:30-9:00 am (6)
9:00-10:00 am (3)
10:00-11:00am (2)
11:00-12:00 pm (4)
12:00-1:30 pm (6)
1:30-3:15 pm (4)
3:15-5:00 pm (3)
5:00-8:00 pm (1)
8:00-9:45 pm (4)

Tuesday

5:30-9:00 am (6)
9:00-10:00 am (4)
10:00-11:00 am (3)
11:00-1:00pm (4)
1:00-2:00 pm (6)
2:00-4:45 pm (4)
4:45-9:15 pm (1)
9:15-9:45 pm (4)

Wednesday

5:30-9:00 am (6)
9:00-10:00 am (3)
10:00-11:00 am (2)
11:00-12:00 pm (4)
12:00-1:30 pm (6)
1:30-5:00 pm (4)
5:00-8:00 pm (1)
8:00-9:45 pm (4)

Thursday

5:30-7:00 am (4)
7:00-9:00 am (6)
9:00-10:00 am (4)
10:00-11:00 am (3)
11:00-1:00 pm (4)
1:00-2:00 pm (6)
2:00-4:45 pm (4)
4:45-8:30 pm (1)
8:30-9:45 pm (4)

Friday

5:30-9:00 am (6)
9:00-10:00 am (3)
10:00-11:00 am (2)
11:00-12:00 pm (4)
12:00-1:30 pm (6)
1:30-4:00 pm (4)
4:00-8:15 pm (1)
8:15-9:45 pm (4)

Saturday

6:00-9:00 am (6)
9:00-12:00 pm (2)
12:00-1:00 pm (6)
1:00-2:30 pm (2)
2:30-7:45 pm (4)

Sunday

10:00-1:00 pm (6)
1:00-4:15 pm (4)

OPEN/FAMILY SWIM Multi-Use Pool

Monday

11:00-12:00 pm
1:30-3:15 pm
8:00-9:45 pm

Tuesday

9:00-10:00 am
11:00-1:00 pm
2:00-4:45 pm
9:15-9:45 pm

Wednesday

11:00-12:00 pm
1:30-5:00 pm
8:00-9:45 pm

Thursday

9:00-10:00 am
11:00-1:00 pm
2:00-4:45 pm
8:30-9:45 pm

Friday

11:00-12:00 pm
1:30-4:00 pm
8:15-9:45 pm

Saturday

2:30-7:45 pm
Sunday
1:00-4:15 pm

SPECIAL NOTES:

- Open/Family Swim is available to any individual or family. The shallow end and/or deep end may be split into areas depending on program schedules.
- St. Joes Wise and Well Water Fitness Class:
Monday, Wednesday & Friday:
1:30-3:30pm
(Warm Water Pool)
- Parks and Rec.:
Mon.: 3:15-5:00pm
Tues. & Thurs.: 10:00-11:00 am
(Multi-Use Pool)

OPEN/FAMILY SWIM Warm Water Pool

Monday

5:30-7:30 am
8:30-9:00 am
9:00-11:00 am (1/2)
12:00-1:30 pm
3:30-5:30 pm (1/2)
5:30-6:30 pm
6:30-7:30 pm (1/2)
8:30-9:45 pm

Tuesday

5:30-8:00 am
9:00-11:00 am (1/2)
12:00-1:00 pm
2:00-4:00 pm
4:00-6:30 pm (1/2)
7:30-8:15 pm (1/2)
8:15-9:45 pm

Wednesday

5:30-7:30 am
8:30-9:00 am
9:00-11:00 am (1/2)
12:00-1:30 pm
3:30-5:30 pm (1/2)
6:30-7:30 pm (1/2)
8:30-9:45 pm

Thursday

5:30-8:00 am
9:00-11:00 am (1/2)
12:00-1:00 pm
2:00-4:00 pm
4:00-6:30 pm (1/2)
7:30-8:15 pm (1/2)
8:15-9:45 pm

Friday

5:30-7:30 am
8:30-11:00 am
12:00-1:30 pm
3:30-6:00 pm (1/2)
6:00-9:45 pm

Saturday

6:00-9:00 am
9:00-11:30 am (1/2)
12:30-2:00 pm (1/2)

Sunday

2:00-7:45 pm
10:00-7:45 pm