



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS CLASSES

GREENBRIER FAMILY YMCA

MAY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Intervals 8-9am Shallow Water	Water Works 8-9am Shallow Water	Aqua Intervals 8-9am Shallow Water	Aquafit 8-9am Shallow Water	Aquafit 8-9am Shallow Water	Aquajog 8:05-9:05am Deep Water	
W.E.T. 9-10am Deep Water	Aquajog 9-10am Deep Water	W.E.T. 9-10am Deep Water	Aquajog 9-10am Deep Water	Aquajog 9-10am Deep Water		
Aquatic AOA 10-11am Shallow Water	Finning 10:15-11:15am Deep/Shallow Water	Aquatic AOA 10-11am Shallow Water	Finning 10:15-11:15am Deep/Shallow Water	Aquatic AOA 10-11am Shallow Water		
Starter Waterfit 11:30-12:30pm Deep/Shallow Water		Starter Waterfit 11:30-12:30pm Deep/Shallow Water	Aqua Zumba 11:15-12:15pm Shallow Water	Starter Waterfit 11:30-12:30pm Deep/Shallow Water		
Aqua Zumba 12:30-1:30pm Shallow Water	Finning 5:30-6:15pm Deep/Shallow Water					
Aquajog 5:30-6:30pm Deep Water						

Class Descriptions

AQUA INTERVALS—This challenging shallow water workout combines periods of aerobic activity with strength training using a variety of equipment.

AQUA ZUMBA—Join the fun on Thursdays at 11:15am and Monday at 12:30pm with an energetic, dance inspired aerobic workout in the shallow water.

STARTER WATERFIT - Beginner friendly shallow water conditioning combined with deep water movements with floatation belt.

AQUAJOG - This class offers challenging upper and lower body exercises in the deep water with a floatation belt.

AQUAFIT - Enhance conditioning with a variety of equipment in this challenging shallow water aerobic workout.

AQUATIC AOA - Improve joint flexibility and muscle strength with continuous resistance in this low impact shallow water class.

FINNING - This class uses fins to create resistance against the water to increase heart rate while swimming the full length of the pool. Equipment may be used to enhance conditioning.

WATER WORKS—This high energy low impact workout is appropriate for all ages and skills levels. Class will include strength training segments.

W.E.T.—Water Exercise Training is an active deep water class using floatation belts that will enhance upper and lower body strength and conditioning.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*Lap Swim <i>2+ lanes</i>	5am-8am 1:30pm-4pm	5am-8am 12:15pm-4pm	5am-8am 1:30pm-4pm	5am-8am 12:15pm-4pm	5am-8am 1:30pm-4pm	11:45am-4:30pm	11am-3pm 5pm-6:30pm
Open Swim	1:30pm-4pm 9pm-9:45pm	12:30pm-4pm 8:30pm-9:45pm	1:30pm-4pm 9pm-9:45pm	12:30pm-4:00pm 9:00pm-9:45pm	1:30pm-6:30pm 8pm-9:45pm	1pm-6:30pm	11am-3pm 5pm-6:30pm
Swim Team CYAT <i>5 lanes</i>	5:45pm-9pm	6:30pm-8:30pm	5:45pm-9pm	6:30pm-9pm	4:00-8pm		3pm-5pm

GBF Pool Age Guidelines

Children must be at least 13 years old to use the Greenbrier Family YMCA's pools without a parent present in the building. Children ages 10-12 (who pass the swim test) may use the pool if parent/guardian is physically on YMCA premises. A parent/guardian must be present at the pool and directly supervising his/her children ages 0-9. All children must pass a swim test in order to swim in any YMCA pool.

YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. • www.ymcashr.org