



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aquatic Classes

Winter Session 2
February 27 – April 21

ADULT CLASSES

Aquatic Fitness
Members: Free
Non-Members:
\$45 for 1 day/week
\$70 for 2 days/week
\$90 for 3 days/week

| CLASS | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|----------------------------|--------------|----------------------------|--------------|--------------|------------|
| Aqua Wave | 8:00-9:00a | | 8:00-9:00a | | 8:00-9:00a | |
| H2O Jog | 9:00-10:00a | | 9:00-10:00a | | | |
| Aquacise | 10:15-11:15a 5:15-6:15p | | 10:15-11:15a 5:15-6:15p | | 10:15-11:15a | 8:30-9:30a |
| Silver Splash | 11:15-12:00p | 8:00-9:00a | 11:15-12:00p | 8:00-9:00a | 11:15-12:00p | |
| Aqua Aid | | 11:00-12:00p | | 11:00-12:00p | | |
| Hydro Wake Up | | 7:00-8:00a | | 7:00-8:00a | 7:30-8:30a | |
| Adult Beg. Lessons | | | | 7:35-8:10p | | |

Family Members: \$15
Other Members: \$25
Non-Members: \$60

PRE-SCHOOL AND YOUTH CLASSES

| Class | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|------------|------------|-----------|------------|--------|--------------|
| Shrimp | 6:15-6:45p | 9:15-9:45a | | | | 10:05-10:35a |
| Kippers | | 6:15-6:45p | | | | |
| Pike | 6:15-6:45p | | | 6:15-6:45p | | 9:30-10:00a |
| Eels | 6:15-6:45p | | | 6:15-6:45p | | 9:30-10:00a |
| Ray/Starfish | 6:15-6:45p | | | | | 9:30-10:00a |
| Polliwog | 4:30-5:15p | 6:05-6:50p | | 6:50-7:35p | | 10:05-10:50a |
| Guppy | 4:30-5:15p | 5:15-6:00p | | 6:50-7:35p | | 10:05-10:50a |
| Minnow | 6:50-7:35p | 5:15-6:00p | | 6:50-7:35p | | 10:55-11:40a |
| Fish | 6:50-7:35p | | | | | 10:55-11:40a |
| F. Fish/Shark | 6:50-7:35p | | | | | 10:55-11:40a |
| Coach's Choice | | 4:15-5:15p | | 4:15-5:15p | | |

SHRIMPS (6mos.-3years) Under the guidance of an instructor, parents will help their child to become comfortable in the water working to develop gross motor skills, and body control while having fun. An adult must accompany the child in the pool.

KIPPERS (2-3yrs) This is for children who are adjusted to the water, will jump in and go under water, and are ready to move independently of parents. Parent must accompany the child in the water.

PIKE (3-5yrs) This is the beginning level of group swimming lessons without Mom or Dad. Course covers floating, breath control, basic front and back strokes, as well as safety skills.

EEL (3-5yrs) This level is for children who can float on their front and back with the aid of a flotation belt, face in the water, and swim for five feet without support. Course covers stroke development on the front, back and side.

RAY: (3-5yrs) Stroke development and refinement is the focus of this level. Students will work on distance swimming on their front, back, and side using varying arm movements. Rays can swim without a flotation device for at least twenty feet.

STARFISH: (3-5yrs) Participants must be able to swim independent of support for at least twenty feet. Students work on developing symmetrical and simultaneous movements of the arms and legs. Rotary breathing is emphasized in this level

POLLIWOG (6-12yrs) This level is for the youth who need to develop comfort in the water while working on breath control as well as basic floating and swimming.

GUPPY (6-12yrs) Students in this level can float on their front and back. They can effectively swim on their front, back, and side without support and go to the deep end.

MINNOW (6-12yrs) Students will swim in the deep water for twenty-five yards using the back and front crawl with rudimentary breathing. They can tread water and swim underwater for a short distance.

FISH (6-12yrs) This level is for swimmers who can swim the front and back crawl for twenty-five meters using the proper breathing techniques. They also can perform the beginning of breast stroke, elementary backstroke and side stroke using a scissor kick.

FLYING FISH (8-14yrs) This level of swimming will teach the student to swim fifty yards with good breathing techniques and open turns. They also can swim fifty yards using good breast stroke, elementary backstroke and sidestroke. They have the beginning of the butterfly and know surface dives.

SHARK (8-14yrs) To pass this level, students must be able to swim 100 yards with excellent crawl, back, and breast strokes. They can swim the butterfly for twenty-five yards and perform various other water activities

AQUA AID (Adults) This class is for individuals suffering from limited movement and joint pain. It minimizes stress on your joints, improves flexibility and strengthens muscles, while allowing participants to enjoy the relaxation and buoyancy of the water. This class does not emphasize aerobics.

AQUACISE (Adults) If you are just beginning a workout program and need to start off on the lighter side, this water exercise program is for you. Exercises provide relief from pain and stiffness as you begin to tone and strengthen your muscles. This class is also recommended for those in the post rehab program. This class is a good way to meet others at the Y.

AQUA WAVE (Adults) This class is a great cardiovascular workout. Participants work on improving flexibility, balance and muscular strengthening as well as pumping up your heart rate. This is a class that offers activities outside the pool too! New Members are always welcome!

DEEP H2O WORKOUT (Adults) All exercise is done in the deep end of the pool using hydro equipment. This class is a great class for those wanting a fitness program with less impact on joints.

Silver Sneakers® SILVERSPLASH (Adults) Activate your aqua exercise urge for variety! Silver Splash offers LOTS of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

ADULT SWIMMING LESSONS (12 and Up) You're never too old to learn how to swim! Master basic swimming strokes and water safety in this class. With individualized instruction and guidance, you will gain confidence in and around the water

HYDRO WAKE-UP (Adults) This class uses a variety of equipment to provide resistance for toning and strengthening. It is done in the deep-end with Hydro-Fit equipment