



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA WATER FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Step N Sync (Deep) 9:30– 10:30am DIANE	Step N Sync (Shallow) 9:30– 10:30am DIANE		Aquatic Therapeutic Exercise 9:30-10:30am TERESA	BROOKE-A-SIZE 9:30– 10:30am BROOKE
AQUAROBICS /AQUAJOGGING 10:30 – 11:15am HELENE/ BROOKE	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am BROOKE/ KATHRYN	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am KATHRYN/ BROOKE	AQUAROBICS/ AQUAJOGGING 10:30 – 11:15am BROOKE/ KATHY	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am NANDINI / BROOKE
		AQUAJOGGING 4:45 – 5:30pm BROOKE		

**** Registration opens up every Sunday at 8:00am****

WATER FITNESS CLASS DESCRIPTION

AQUAROBICS: Aqua-aerobics is an aerobics program with routines that are choreographed to music. It is performed in the shallow end of the pool and is for both swimmers and non-swimmers. It is a total physical fitness program creating a sense of well-being and improving cardiovascular fitness.

Aqua JOGGING: The Y's Aqua Jogging program is an exercise program performed in the deep end of the pool choreographed to music. During the class the Y provides float belts for each participant.

AQUOGA (ah/quo/ga): Aquatic class combining aerobics, yoga, isometric exercise, strength training, and meditation. AQUOGA is practiced in shallow and deep water. In deep water we use flotation belts and/or pool noodles. Water barbells are also used for strength training.

AQUA ZUMBA: The Y's Aqua Zumba is a fusion of Latin and international music featuring interval training with a combination of fast and slow rhythms that tone and sculpts the body with easy to follow dance steps. In shallow water this workout taught by a certified Zumba instructor is designed for those who are serious about increasing and maintaining their personal fitness, burning calories, and toning their muscles. It is energizing, powerful, uplifting, and fun

Aquatic Therapeutic Exercise: Aquatic therapy refers to exercises performed in water for relaxation, fitness, physical rehabilitation, and other therapeutic benefits. Exercise performed in the water can bring relief to those from various neuromuscular or musculoskeletal disorders. The benefit of aquatic therapy:

1. Water exercise can be performed with lower requirements of strength, balance, and coordination.
2. Buoyancy reduces forces across joints, making movement less painful.
3. Potential for improved balance. The uniform pressure of the water along with buoyancy provides support to your body which allows you increased time to react without the fear of falling or getting hurt.
4. Increase in muscle strength. Water is 600-700 times more resistive than air which allows for strengthening of weakened muscles. Water resists rapid movement so equipment with increased surface area is used to increase strength in the pool.
5. Increase in joint flexibility. Buoyancy offers a tremendous advantage because it reduces the effects of gravity allowing for increased joint range of motion. Your affected body part will float, making it easier and less painful to move. The warm water also helps to relax muscles that are sore or tight.

Step N Sync: is a program comprised of some basic synchronized (artistic) swimming skills and dance movements choreographed to music. Activities will be performed in the shallow end of the pool. The goal of this 8 week session is to create a routine for a team of 12 using basic skills and movements.