



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THOMAS E.
HANNAH



THERAPY & WATER FITNESS SCHEDULE



MON

TUES

WED

THURS

FRI

SAT

SUN

**Lap/Adult
Open Swim**

5a-8am

**Lap/Adult
Open Swim**

5a-8am

**Lap/Adult
Open Swim**

5a-8am

**Lap/Adult
Open Swim**

5a-8am

**Lap/Adult
Open Swim**

5a-8am

**Lap/Adult
Open Swim**

7-9am



**Family
Swim
&
Pool
Parties**

1pm-
5:30pm

**SRHS Therapy
H2O Walking
Adult**

8am-1pm

**SRHS Therapy
H2O Walking
Adult**

8am-1pm

**SRHS Therapy
H2O Walking
Adult**

8am-1pm

**SRHS Therapy
H2O Walking
Adult**

8am-1pm

**SRHS Therapy
H2O Walking
Adult**

8am-1pm

**Swim
Lessons**

9-11:15am

**Family Swim,
Slide Open,
&
Pool Parties**

12-6:30pm

**Aqua-Zumba
STEPHANIE**

9a-9:45am

**Strength &
Tone
KAYE**

9a-9:45am

**Water Walk
& Tone
ANITA**

9a-9:45am

**Deep Water
Cardio
Kaye**

9a-9:45am

**H2O Cardio
MELANIE**

9a-9:45am

**Arthritis
Starr
10:30a
-11:15am**

OPEN SWIM

9:45a-4:30pm

OPEN SWIM

9:45a-4:30pm

OPEN SWIM

9:45a-4:30pm

**Arthritis
Starr
10:30a
-11:15am**

OPEN SWIM
11:15a-3:45pm

OPEN SWIM
11:15a-4:30pm

**H2O Strength
& Tone
Melanie/Anita
6p-6:45pm**

**Swim
Lessons
5:30p-7:30pm**

**H2O Strength
& Tone
Heather
6p-6:45pm**

**Swim
Lessons
5:30p-7:30pm**

**AFTER
SCHOOL
SWIM
3:45p-4:30pm**

**Slide Closed
Monday
Evenings**

**OPEN SWIM
7:30p-8:30pm**

**FAMILY SWIM
& SLIDE OPEN
5:00p-7:00pm**

**OPEN SWIM
7:30p-8:30pm**

**FAMILY SWIM
& SLIDE OPEN
5:00p-7:00pm**

SPLASH PAD!

**WEDNESDAY &
FRIDAY
5pm-7pm
SATURDAY
12pm-6:30pm
SUNDAY
1pm-4pm**



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THOMAS E. HANNAH AQUATICS



Aquatic Class Descriptions

Arthritis:

Range of motion exercises done in shallow water developed from physical therapy exercises and the National Arthritis Foundation. This class is particularly helpful for those beginning their fitness adventures and people dealing with arthritis and fibromyalgia.

H2O Cardio:

We can't be contained to just one workout! Burn some calories with a variety of moves/workouts that are customizable to each member. On Fridays, we will add 1/2 hour of yoga to focus on CORE and balance training.

Deep Water Cardio:

Work your heart and tone your upper body and Abs with this class! These advanced water workouts take place in deeper water using hand held floats, so new or weaker swimmers should use caution and might not feel comfortable until they are more experienced in the water.

H2O Strength & Tone:

Strengthen your swimmer's skills, upper body, and abs using water weights and low-impact cardio. Fun!

Water Walk and Tone:

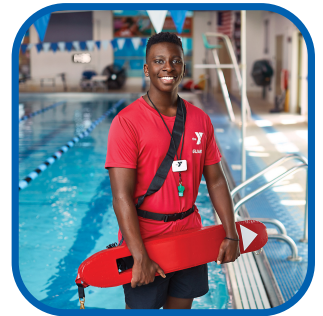
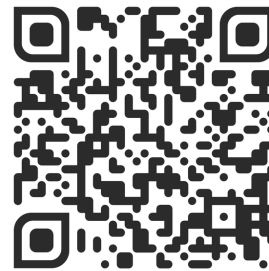
Water walking is the perfect exercise to get your heart pumping. The resistance of the water and using weights, kickboards, and aquabands heightens the exercise experience. Work at your speed. Great beginner class. :)

Aqua Zumba:

Aqua Zumba® blends the Zumba® philosophy with water resistance and creates a pool party that shouldn't be missed! Water creates natural resistance which means every step is more challenging and helps tone your muscles. This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

**Interested Working for the
YMCA?**

**CHECK OUT
OUR OPENINGS!**



**BECOME A
LIFEGUARD!**

The 411 for Aquatics

- Splash pad and slide cannot be turned on during swim lessons, water classes, or SRHS Rehab.
- Tu/Th evenings most areas of the pool will not be available for free swim due to lessons (Family Swim times are best for open swimming).
- There may be instructor substitutions without notice.
- The Deep Water Cardio and the Arthritis water classes may take place in deeper water using hand held floats and float belts; non-swimmers and weaker swimmers should use caution and may not feel comfortable.

YMCA has limited hours New Year's Day, Labor Day, Christmas Eve, July 4th, and Memorial Day so please check with your Aquatic class instructor for details and check our website for Holiday hours.

The YMCA is closed Thanksgiving Day, Christmas Day, and Easter Sunday.