



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR AQUATICS

Greenbrier Family YMCA

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swim Team 5-7am 3 Lap Lanes Avail.</p> <p>Power Aqua 8:30-9:30am Shallow Water 1 Lap Lanes Avail.</p> <p>*Swim Lessons Registration Required 8:30-10:45am 1 Lap Lanes Avail.</p>	<p>WATERinMOTION® Original 7:15-8:15am 2 Lap Lanes Avail.</p> <p>Power Aqua 8:30-9:30am Shallow Water 1 Lap Lanes Avail.</p> <p>*Swim Lessons Registration Required 8:30-10:45am 1 Lap Lanes Avail.</p>	<p>Swim Team 5-7am 3 Lap Lanes Avail.</p> <p>Aqua Jog 8:30-9:30am Shallow Water 1 Lap Lanes Avail.</p> <p>*Swim Lessons Registration Required 8:30-10:45am 1 Lap Lanes Avail.</p>	<p>WATERinMOTION® Original 7:15-8:15am 2 Lap Lanes Avail.</p> <p>Aqua Zumba 8:45-9:30am Shallow Water 1 Lap Lanes Avail.</p> <p>*Swim Lessons Registration Required 8:30-10:45am 1 Lap Lanes Avail.</p>	<p>Swim Team 5-7am 3 Lap Lanes Avail.</p> <p>Aqua Zumba 8:45-9:45am Shallow Water 2 Lap Lanes Avail.</p>	<p>Aqua Jog 8:05-9:00am Deep Water 2 Lap Lanes Avail.</p>	
<p>Gentle Water Exercise 10-11am Shallow Water 1 Lap Lanes Avail.</p> <p>Deep Water Exercise 11:30-12:30pm Deep Water 3 Lap Lanes Avail.</p> <p>WATERinMOTION® Platinum 12:30-1:30pm 3 Lap Lanes Avail.</p> <p>*Swim Lessons Registration Required 4:20-7:30pm 1 Lap Lanes Avail.</p>	<p>Finning 10:15-11:15am Deep/Shallow Water 1 Lap Lanes Avail.</p> <p>TIDE Swimming 3:45-8:15pm 1 Lap Lanes Avail. Until 5:30pm</p> <p>*Swim Lessons Registration Required 4:20-6:30pm 1 Lap Lanes Avail. Until 5:30pm</p> <p>Finning 5:30-6:30pm Deep/Shallow Water NO LAP LANES AVAIL.</p>	<p>Gentle Water Exercise 10-11am Shallow Water 1 Lap Lanes Avail.</p> <p>Deep Water Exercise 11:30am-12:30pm *3rd Wednesday of the month 11:15am-12:15pm* 3 Lap Lanes Avail.</p> <p>WATERinMOTION® Platinum 12:30-1:30pm 3 Lap Lanes Avail.</p> <p>*Swim Lessons Registration Required 4:20-7:30pm 1 Lap Lanes Avail.</p>	<p>Finning 10:15-11:15am Deep/Shallow Water 1 Lap Lanes Avail.</p> <p>TIDE Swimming 3:45-8:15pm 1 Lap Lanes Avail. Until 5:30pm</p> <p>*Swim Lessons Registration Required 4:20-6:30pm 1 Lap Lanes Avail. Until 5:30pm</p> <p>Finning 5:30-6:30pm Deep/Shallow Water NO LAP LANES AVAIL.</p>			

Indoor Pool Open Swim Times

There will be Open Swim & 2 or more lap lanes available when there are no scheduled activities in the pool.

*This is a paid program. To register visit the Welcome Center or online at ymcashr.org. See Class Descriptions for more information.

CLASS DESCRIPTIONS

WATER FITNESS CLASSES

AQUA JOG - Condition the upper and lower body while jogging in deep water wearing a floatation device.

AQUA ZUMBA - Integrating the Zumba format and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water based workout that's cardio-conditioning, body toning and fun.

DEEP WATER EXERCISE - In addition to the cardiovascular portion of this class performed in deep water, strength and flexibility exercises using resistance equipment may be incorporated.

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.

GENTLE WATER EXERCISE - This class is designed for those challenged with the effects of arthritis, fibromyalgia, multi sclerosis as well as those recovering from joint injury or surgery. The primary focus of this class is to strengthen muscles and improve joint flexibility and range of motion. Exercises are performed in water depth that is comfortable and allows you to maintain balance while exercising.

POWER AQUA - This high intensity class incorporates an overall body workout with a variety of cardio and strength training techniques. Both shallow and deep water suspension and power moves may be incorporated.

***SUP** - Take your workout to the water! Stand Up Paddleboarding Bootcamp class utilizes an inflatable paddleboard to workout on, challenging your muscles through traditional workout methods. Build core and total body strength, balance, coordination, and endurance in these full-body workouts. The workout is led by a certified personal trainer, who will guide you through your workout, offering modifications. All levels of fitness will be challenged by this water workout.

***This is a paid program. Registration is required. \$90 for members and \$144 for prospective members.**

WATERinMOTION® Original - a water exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in a make a splash with this dynamic cardiovascular and strength workout for the entire body.

WATERinMOTION® Platinum - Shallow water, low-impact aqua exercise experience that offers active aging adults and reconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.

LAP SWIM

Lap swim includes water walking, senior swim and therapeutic swim. Pool usage may be altered to accommodate need. Lifeguard and other aquatic training will be held as necessary. Look for posted signs describing schedule changes, especially during holidays. Please be courteous to other lap swimmers and let them know you would like to share the lane prior to entering the pool.

OPEN SWIM

Open swim is a time for individuals and families to have fun together in the pool. Children 9 years and younger need to be accompanied by an adult in the pool at all times. Youth 10-12 years of age are welcome at the pool by themselves if they have passed the swim test and are wearing a swim necklace. A parent must bring children this age to and from the pool and remain on YMCA premises at all times.

*SWIM LESSONS

The Y offers swim lessons for infants, toddlers, youth and adults which provides the skills necessary to safely enjoy our region's water. With a low student-teacher ratio children are able to safely develop skills and confidence in the water. Swimming is a life skill as well as great exercise and a challenging sport. All classes consist of eight 30-minute lessons. Detailed descriptions of swim lessons and a schedule of classes can be found online at www.ymcashr.org.

***This is a paid program. Registration is required. \$35 for members and \$70 for prospective members.**

Swim Team

Swim team is a competitive swim team for members ages 5-18. Practices are throughout the week. They offer something for all ages and abilities and provides fun, exciting atmosphere. For more information about these two swim teams please visit the Welcome Center.

POOL 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.

Non-swimmers must be within arm's reach of a parent or supervising guardian at all times.

The lifeguards and staff of the Y will enforce all rules. The Y reserves the right to suspend or expel any individual who violates the pool rules/policies. Rules and policies may change without notice to ensure the safety and comfort of all members.

- Children wearing Coast Guard approved flotation devices and non-swimmers must be within arm's reach of a parent. Water wings (arm floaties) are not permitted. The aquatic director may make exceptions based on special needs of swimmer and inspection of the device.
- Children who are not potty-trained must wear a swim diaper or plastic pants (disposable diapers are not permitted.)
- Fins and snorkels are only permitted in lap lanes. On occasion during peak demand, the aquatic director may restrict usage of fins to ensure the safety of other swimmers.
- Prolonged underwater swimming or breath holding (and hyperventilation) is not permitted.
- Any act deemed unsafe by the lifeguard or management will not be tolerated.