



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUNDVIEW FAMILY YMCA

WATER EXERCISE SCHEDULE

Effective: June 22, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
7:30 Water Fit 8:15 Warm Pool Emily	7:30 Aqua Zumba 8:15 Warm Pool Doug	7:30 Water Fit 8:15 Warm Pool Emily	7:30 Aqua Zumba 8:15 Warm Pool Doug	7:30 Water Fit 8:15 Warm Pool Heather	
8:20 Deep Water 9:05 Competition Pool Emily	8:20 Cardio Power 9:05 Warm Pool Alpha	8:20 Deep Water 9:05 Competition Pool Emily	8:20 Cardio Power 9:05 Warm Pool Alpha	8:20 Deep Water 9:05 Competition Pool Heather	
9:05 Deep Water 9:50 Competition Pool Emily	9:05 Water Fit 9:50 Warm Pool Alpha	9:05 Deep Water 9:50 Competition Pool Emily	9:05 Water Fit 9:50 Warm Pool Alpha	9:05 Deep Water 9:50 Competition Pool Heather	
11:30 Water Fit 12:15 Warm Pool Ginny	11:30 Silver Splash 12:15 Warm Pool Doug	11:30 Water Fit 12:15 Warm Pool Ginny	11:30 Silver Splash 12:15 Warm Pool Doug		

					SUNDAY
PM	PM	PM	PM	PM	AM/PM
12:15 Joints In Motion 1:00 Warm Pool Ginny	12:15 Water Strides 1:00 Warm Pool Doug	12:15 Joints In Motion 1:00 Warm Pool Ginny	12:15 Water Strides 1:00 Warm Pool Doug		
6:45 Cardio Power 7:30 Warm Pool Alpha	6:45 Water Fit 7:30 Warm Pool Ginny	6:45 Cardio Power 7:30 Warm Pool Alpha	6:45 Water Fit 7:30 Warm Pool Ginny		

FACILITY HOURS

M-Th 5:30am - 9:00pm
Fri 5:30am - 7:30pm
Sat 7:00am - 7:00pm
Sun 10:00am - 6:00pm

CHILD WATCH HOURS

M-Sa 9:15am - 12:00pm
M-Th 4:30pm - 8:30pm
Sun 10:00am - 1:00pm



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Beginner Classes

Joints in Motion: It is designed to provide gentle range of motion for participants with arthritis, limited mobility, or similar joint issues.

SilverSplash: Activate your aqua exercise urge for variety! Silver Splash offers lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers kickboard is used to develop strength, balance, and coordination.

Water Strides: Great for your first water aerobics class; Water walking is a fun, practical alternative to walking on land. The water provides extra resistance while protecting you from injuries common to joggers. A variety of moves and equipment make this class a versatile and challenging class that will improve your strength, improve your balance, and increase more bone density.

Intermediate Classes

Water Fit: Moderate intensity water aerobics. This class includes 30-35 minutes of aerobics followed by 15 minutes of toning using a variety of equipment. This creates a challenging program!

Cardio Power: Medium to high-level cardio workout. Recommended for more advanced participants. Uses various moves to create resistance for an up-tempo workout.

Advanced Classes

Hydromania: High intensity water aerobics. Designed to really burn fat, strengthen muscles, and build endurance. It includes a strength training segment and the use of different equipment.

Deep Water: Participants use flotation devices to suspend themselves in the water. A variety of traveling and in-place movements are done to challenge the muscles and provide a high-intensity workout. This class is great for cross training and those who do high-impact sports, such as running.

Specialty Classes

AquaZumba: This Specialty course is the "pool party" workout for all ages. You'll learn safe, effective and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines.

Introductory Classes (Coming back this Fall)

Water Fitness 101: This class is designed for those who have never tried water fitness before! This 30 minute entry level class will help you make new friends and learn all about the various exercises you can do in the water!

Deep Water 101: This class is designed for those who have never tried deep water fitness before! Participants use flotation devices to suspend themselves in the water. This 30 minute entry level class will help you make new friends and learn all about the various exercises you can do in the deep water!