

Water Exercise Class Schedule

Updated: November 2018

Deep Water Jog

M/W/F 8:30AM-9:30AM

This is one of the quickest growing forms of moderate exercise. It is conducted in the deep end, but you DO NOT need to be a proficient swimmer to participate. This is a no impact moderate intensity class for everyone. It is the most recommended for expecting mothers and those with back and/or joint problems.

AND

M/W 6:00PM-7:00PM

This class will work the entire body. The classes will vary from day to day. All the classes will be in the deep end of the pool and will use various equipment. It is a "come and go as you please class." This class gives parents whose child is in swimming lessons a chance to join the fun.

Tuesday 6:00PM-7:00PM

Challenge yourself to this unique style of water exercise. Some of your challenges will include noodle workouts, water weights, aerobic exercise, stretching and toning. If you prefer the deep to shallow water, the agenda will be flexible so that you may enjoy the best of both. The first half of the class will be in the shallow end and the second half will be in the deep end.

Shallow Water Exercise

M/W/F 10:00AM-11:00AM

This class is of moderate intensity including stretching, water weigh work and toning. This class is especially recommended for expecting mothers, mild arthritis or anyone wanting to lose weight, get fit and stay fit.

Silver Wings

M/W/F 1:00PM-2:00PM

As one of our regular Senior Center programs, this class focuses on our Senior Population with light water weight work, lots of stretching and even more fun!!

New Swim Test

TEST.MARK.PROTECT.

BEGINNING January 1, 2018, all children ages 16 years and younger must participate in a swimming skills assessment and will be provided a colored break-away necklace based on their swimming ability. Once tested, each time a child comes into the Y for open swim, they need to bring their color appropriate break-away necklace or purchase another necklace from our membership desk when checking in. You can only purchase one necklace, if you have lost your achieved one.



DEEP WATER SWIM TEST: Consecutively without resting, child must:

- **PLUNGE:** Jump into water that is over his/her head and easily return to the surface.
- **TREAD:** Keep head above water while treading for one(1) minute.
- **SWIM:** Swim one length of the pool (25 yards) unassisted and without resting. Maintain freestyle position with face in the water.

SHALLOW WATER SWIM TEST: Consecutively without resting, child must:

- **PLUNGE:** Jump into water that is over his/her head and easily return to the surface.
- **TREAD:** Keep head above water while treading for (30) seconds.
- **SWIM:** Swim one length of the pool (25 yards) unassisted and without resting. Maintain freestyle position with face in the water.



GREEN ZONE: Swimmer 16 or younger that passes the DEEP WATER TEST may access all pool areas.

YELLOW ZONE: Non-swimmer ages 16 or younger may test for the SHALLOW WATER TEST and may access designated red & yellow zones, but must with an adult within arm's reach.

RED ZONE: Non-swimmers ages 16 or younger who do not take or pass the swim test will be limited to the designated red zones. 11 or younger must be accompanied in the water by an actively engaged adult within arm's reach.



All non-swimmers (YELLOW/RED zone) 11 and younger must be accompanied in the water by an actively engaged adult within arm's reach.

The YMCA will make available and requires the use of US Coast Guard approved PFDs in addition to in reach supervision for any non-swimmers.

One adult can be responsible for no more than 3 non-swimmers during open swim; PFD required.

INDOOR POOL SWIM ASSESSMENT LOCATIONS



GREEN BAND ACCESS

Swimmers will be allowed to enter all areas of the pool, shallow and deep end



YELLOW BAND ACCESS | Swimmers 11 and younger must be accompanied in the water by an actively engaged adult within arm's reach.

Swimmers will be allowed to enter the shallow area without a required coast guard approved PFDs



NO BAND ACCESS | All non-swimmers 11 and younger must be accompanied in the water by an actively engaged adult within arm's reach or required to wear US Coast Guard approved PFD with an actively supervised adult with in 5ft.

Lifeguard's have every authorize to re-test or remove band from swimmer if they don't display strong swimming ability.

One adult can be responsible for no more than 3 non-swimmers during open swim; PFD required.

