
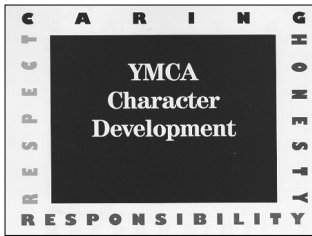


FORSYTH COUNTY FAMILY YMCA Instructional Pool Area Schedule

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:30 am-8:00 am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Aqua Fit 8:15-9:15am	 Open Swim
8:00 am -9:00 a.m.							
9:00 a.m.-10:00 a.m.	9:00-10:00 Senior Mobility Kathy Lane	9:00-9:45 Pollaties Mary Stark	9:00-10:00 Senior Mobility Kathy Lane	9:00-9:45 Pollaties Mary Stark	9:00-10:00 Senior Mobility Kathy Lane		
10:00 a.m.-10:30 a.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
10:30 a.m.-11:30 p.m.	10:30-11:30 Aqua Fit Kathy Lane	10:30-11:30 Power Aqua Tone Kathy Brink	10:30-11:30 Aqua Fit Kathy Lane	10:30-11:30 Power Aqua Tone Kathy Brink	10:30-11:30 Aqua Fit Kathy Lane		
11:30 a.m.- 12:45 p.m.	Open Swim	11:45-12:45 Aqua Zumba Sandy Matthews	Open Swim	Open Swim	Open Swim		
12:45 p.m.- 5:30 p.m.		Open Swim					
5:30 p.m.-6:00 p.m.		5:30-6:15 Arthritis Ann Stewart					
6:00 p.m.-6:45 p.m.		6:45-7:45 Aqua Fit Kathy Lane					
7:00 p.m.- 9:00 p.m.		Open Swim					
Pool Hours: Monday thru Thursday:5:30 a.m.- 9:00 p.m Friday 5:30 a.m.- 8:30 p.m Saturday: 8:00 a.m.- 5:30 p.m. Sunday:1:00 p.m.- 5:30 p.m.							
Unless otherwise posted: The YMCA is committed towards providing at least <u>one lap lane</u> for lap swimmers. Swimmers should be prepared to share lanes during busy times. The Family Play Area is available for open swim time durring all operating hours.							We build Strong Kids, Stronge Families, & Strong Communities

CLASS DESCRIPTIONS

Aqua Zumba: This one hour class brings the Zumba flavor into the pool. The Zumba formula and fusion of Latin and International Rhythms is what makes it fun. So jump in to the pool and see what all of the splashing is about

Arthritis Aquatics: This is a 45 minute class of water aerobics adapted to build joint and muscular strength. Designed for arthritis sufferers of all ages and other joint disease sufferers.

Power Aqua Tone: This one hour class offers 15 minutes of stretching and warm-up. 20-25 minutes of cardio aerobics and ends with 20 minutes of cool-down and stress relieving movements.

Aqua Fit: Aqua Fit provides you with a great 60 minute cardiovascular workout including a warm-up, medium to high impact workout and cool down.

Senior Mobility: A series of stretching, mobility, and coordination activities to activate the muscles and elevate coordination and balance.

Poolaties: This is a 60 min full body workout. Structured to improve flexibility, coordination, balance, muscle control, endurance, body alignment, and breathing techniques. Appropriate for all ages and ability levels

High Level Water Aerobics: This is a class for the more advanced water aerobics participant which includes many levels of cardiovascular endurance exercises.