

# FORSYTH COUNTY FAMILY YMCA

## Instructional Pool Area Schedule

### July 21- Aug 31

	MON	TUE	WED	THUR	FRI	SAT	SUN	
<b>5:30 am-8:00 am</b>	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;">Aqua Fit 8:15-9:15am</div> </div>		
<b>8:00 am -9:00 a.m.</b>								
<b>9:00 a.m.-10:00 a.m.</b>	9:00-10:00 Senior Mobility	9:00-9:45 Arthritis Ann Stewart	9:00-10:00 Senior Mobility	9:00-9:45 Arthritis Ann Stewart	9:00-10:00 Senior Mobility	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 10px;">Open Swim</div> </div>		
<b>10:00 a.m.-10:30 a.m.</b>	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			
<b>10:30 a.m.-11:30 p.m.</b>	10:30-11:30 Aqua Fit Kathy Lane	10:30-11:30 Aqua Tone Kathy Brink	10:30-11:30 Aqua Fit Kathy Lane	10:30-11:30 Aqua Tone Kathy Brink	10:30-11:30 Aqua Fit Kathy Lane			
<b>11:30 a.m.-12:00 p.m.</b>	Open Swim		Open Swim	Open Swim	Open Swim			
<b>12:00 p.m.-1:30 p.m.</b>								
<b>1:30 p.m.-2:30 p.m.</b>			1:30-2:30 Aqua Tone Jani Rood	1:30-2:30 Aqua Tone Jani Rood				
<b>2:30 p.m.- 5:30 p.m.</b>			Open Swim					
<b>5:30 p.m.-6:15 p.m.</b>	Open Swim		5:30-6:15 Arthritis Ann Stewart	5:30-6:15 Arthritis Ann Stewart	Open Swim			
<b>6:15 p.m.- 6:45 p.m.</b>			Open Swim					
<b>6:45 p.m.-8:00 p.m.</b>	6:45-7:45 Cardio Kick Kelly Vorhauer	6:45-7:45 Aqua Fit Kathy Lane	6:45-7:45 High Level Jennifer Adams	6:45-7:45 Aqua Fit Kathy Lane	<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p>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.</p> </div> <div style="width: 30%; text-align: center;"> <p>RESPECT C A R I N G R E S P O N S I B I L I T Y</p> <p style="font-size: 1.2em; font-weight: bold;">YMCA Character Development</p> </div> </div>			
<b>7:00 p.m.- 9:00 p.m.</b>	Open Swim	Open Swim	Open Swim	Open Swim				7:00-8:30 Open Swim
<p>Unless otherwise posted: The YMCA is committed towards providing at least <u>two 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 during all operating hours.</p>						<p>We build Strong Kids, Strong Families, &amp; Strong Communities</p>		

### CLASS DESCRIPTIONS

<p><b>Arthritis Aquatics:</b> This is a 45 minute class of water aerobics adapted to build joint and muscular strength. Designed for arthritis suffers of all ages and other joint disease suffers.</p> <p><b>Aqua Tone:</b> 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.</p> <p><b>Aqua Fit:</b> Aqua Fit provides you with a great 60 minute cardiovascular workout including a warm-up, medium to high impact workout and cool down.</p> <p><b>Senior Mobility:</b> A series of stretching, mobility, and coordination activities to activate the muscles and elevate coordination and balance.</p> <p><b>Cardio Kick:</b> A fast-paced, high powered water aerobic workout that uses kickboxing moves to form a rhythmic heart pounding workout. You will be able to tone and stimulate your muscles with a variety of strength training exercises utilizing hand weights, noodles and kickboards.</p> <p><b>High Level Water Aerobics:</b> This is a class for the more advanced water aerobics participant which includes many levels of cardiovascular endurance exercises.</p>
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