



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

2022 POOL SCHEDULE

We are so glad you will be joining us in the pool at the Y! We invite members and their guests in middle school* and up to give your body the gift of low/no impact workouts using the resistance of the water. Choose between our 82-83 degree Lap Pool and our 88-89 degree Sunshine Pool. Our pool availability is based on the different programming we have going on in the pool. Please check availability upon arrival.

*All youth 12 and under must be accompanied by an adult.

Unless otherwise noted, there will be a swim lane available for member lap swim. Please see a lifeguard for a designated lane.

MONDAY

| START | END | CLASS/GROUP | POOL USED | AVAILABLE |
|---------|---------|--------------------|-----------------------|----------------------------|
| 8:00am | 8:45am | Deep Water Extreme | Open Swim /1 Lap Lane | 3 Lap Lanes |
| 9:00am | 9:45am | Aqua Fit | Sunshine | 4 Lap Lanes/Open Swim Area |
| 10:00am | 10:45am | Aqua Basics | Sunshine | 4 Lap Lanes/Open Swim Area |
| 11:00am | 11:45am | Sweat'n & Step'n | Sunshine | 4 Lap Lanes/Open Swim Area |
| 12:00pm | 12:45pm | Cardio Splash | Sunshine | 4 Lap Lanes/Open Swim Area |

TUESDAY

| START | END | CLASS/GROUP | POOL USED | AVAILABLE |
|--------|--------|----------------|-------------|----------------------------|
| 5:30pm | 6:30pm | TYDE Swim Team | 3 Lap Lanes | 3 Lap Lanes/ Sunshine Pool |

WEDNESDAY

| START | END | CLASS/GROUP | POOL USED | AVAILABLE |
|---------|---------|--------------------|-----------------------|----------------------------|
| 8:00am | 8:45am | Deep Water Extreme | Open Swim /1 Lap Lane | 3 Lap Lanes |
| 9:00am | 9:45am | Aqua Fit | Sunshine | 4 Lap Lanes/Open Swim Area |
| 10:00am | 10:45am | Aqua Basics | Sunshine | 4 Lap Lanes/Open Swim Area |
| 11:00am | 11:45am | Sweat'n & Step'n | Sunshine | 4 Lap Lanes/Open Swim Area |

THURSDAY

| START | END | CLASS/GROUP | POOL USED | AVAILABLE |
|--------|--------|----------------|-------------|----------------------------|
| 5:30pm | 6:30pm | TYDE Swim Team | 3 Lap Lanes | 3 Lap Lanes/ Sunshine Pool |

FRIDAY

| START | END | CLASS/GROUP | POOL USED | AVAILABLE |
|---------|---------|--------------------|-----------------------|----------------------------|
| 7:00am | 7:45am | Navy Seals | 2 Lap Lanes | 1 Lap Lane/Open Swim Area |
| 8:00am | 8:45am | Deep Water Extreme | Open Swim /1 Lap Lane | 3 Lap Lanes |
| 9:00am | 9:45am | Aqua Fit | Sunshine | 4 Lap Lanes/Open Swim Area |
| 10:00am | 10:45am | Aqua Basics | Sunshine | 4 Lap Lanes/Open Swim Area |
| 11:00am | 11:45am | Sweat'n & Step'n | Sunshine | 4 Lap Lanes/Open Swim Area |
| 12:00pm | 12:45pm | Cardio Splash | Sunshine | 4 Lap Lanes/Open Swim Area |

SATURDAY

| START | END | CLASS/GROUP | POOL USED | AVAILABLE |
|--------|---------|--------------|---------------------|----------------------------|
| 9:00am | 11:45am | Swim Lessons | Sunshine/1 Lap Lane | 3 Lap Lanes/Open Swim Area |

WILKES FAMILY YMCA

1801 YMCA Boulevard, Wilkesboro NC 28697

P 336 838 3991 F 336 838 0979 www.wilkesymca.org A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."



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Aqua Basics - Level 1 - Shallow Water Class- Aqua basics will simultaneously help individuals develop muscle strength and increase static balance, while increasing range of motion. Each class will help to increase muscle tone, balance and flexibility while relieving tension from injured joints.

Aquafit - Level 2 - Shallow Water Class- This is a low impact exercise program. It's designed to give you an aerobic workout while developing your muscle tone & endurance. This program features strengthening and stretching exercises through: warm-up, range of motion, flexibility, functional muscle conditioning, muscle strengthening and toning activities.

Cardio Splash - Level 3 - Get moving to choreographed dances with exciting music in this energetic class. The instructor teaches on the pool deck to make sure everyone can see. While many people love to get moving in this class because of the little-to-no joint impact, Cardio Splash is open to anyone up for trying something new. In fact, it's also a great choice for folks recovering from an injury or those looking to add increased resistance to their workout. For beginners, Cardio Splash is a great fit. You'll be about chest-deep in water and surrounded by people of all ages and fitness levels. Just bring your swimsuit, a good attitude and a willingness to try.

Sweat'n & Step'n - Level 4 - Shallow Water Class- Each class will focus on targeting different muscle groups while incorporating high intensity cardiovascular conditioning. This class is designed to strengthen your core and improve your overall muscle strength.

Deep Water Extreme - Level 4 - Deep Water Class- This class uses a combination of strength training drills to target different muscle groups. Exercise combinations will challenge balance, flexibility and endurance throughout your core, arms and legs. Each class also includes high-end cardiovascular training using a variety of training tools including noodles, water weights and kickboards to add resistance.

Navy Seals - Level 4 - This class will challenge all fitness levels while confidence in deep water is strongly suggested; it is a high energy class for total body conditioning! Resistive equipment is used to increase intensity, and flotation belts are available if needed. Workout together, but at your own pace.