



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WATER FITNESS SCHEDULE: STOKES FAMILY YMCA

### MONDAY

START	END	PROGRAM	NOTES
10:30am	11:15am	Lanes 1-4 Shallow	Aquafit

### TUESDAY

START	END	PROGRAM	NOTES
10:00am	10:45am	Lanes 1-3 Deep	Deep Water Extreme
11:15am	12:00pm	Lanes 1-3 Shallow	Aquafit
5:30pm	6:15pm	Lanes 1-2 Deep	Aqua Athletics

### WEDNESDAY

START	END	PROGRAM	NOTES
10:30am	11:15am	Lanes 1-4 shallow	Aquafit

### THURSDAY

START	END	PROGRAM	NOTES
10:00am	10:45am	Lanes 1-3 Deep	Deep Water Extreme
11:15am	12:00pm	Lanes 1-3 Shallow	Aquafit
5:30pm	6:15pm	Lanes 1-2 Deep	Aqua Athletics

### FRIDAY

START	END	PROGRAM	NOTES
10:30am	11:15am	Lanes 1-4 shallow	Aquafit

## Class Descriptions

### Aquafit

This is a shallow water fitness class. It is a combination of cardio & strength exercises. This class will encourage building muscle, improving cardio & burning calories. This is a non-impact exercise program. It's designed to give you an aerobic workout while developing your muscle tone & endurance.

### Deep Water Extreme

Join us for a fun "No Impact" water workout. Cardiovascular fitness is increased through interval workouts using adaptations of jogging, bicycling, kicking, swimming, & jumping jacks. Muscle strength & flexibility is increased through resistance exercises using kick boards, noodles, & hand weights.

### Water Athletics

This is a full body workout, a combination of cardio respiratory, muscle conditioning, and interval training. Conducted in the deep end, participants can increase range of motion using non-impact movements. Flotation is provided.

Lane allocation will adjust depending on participation numbers.

Lifeguard has final say so regarding pool policies and lanes usage.

Lanes 1 and 6 are frequently used for swim tests as needed.

Multiple activities are often scheduled in this pool at the same time.

- Lane changes are made by the lifeguard 5 minutes before the time indicates.
- Please get equipment (kickboards, pull buoys, etc) before entering the pool and please put them away after use.
- To avoid accidents please get the swimmer's attention that you are there before entering an occupied lane.
- If there are 2 swimmers in a lane they may elect to split the lane in half; use circle swim when 3+ swimmers are in a lane.
- There is no guarantee for an individual lane.
- Children 8<sup>th</sup> grade and younger must be swim tested to determine swim level; All elementary age children (5<sup>th</sup> grade & under) must have a parent or guardian (18+) on pool deck/area at all times regardless of swim level.
- Color bands must be worn – GREEN (Swimmer-can swim anywhere), RED (Non-swimmer-shallow end only)
  - See Swim Test Policy for details regarding the swim tests
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

**Any questions/concerns contact:** Aquatics Director Lucia Morillo (336)986-9622 or [l.morillo@ymcanwnc.org](mailto:l.morillo@ymcanwnc.org)

### STOKES FAMILY YMCA

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