



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2024 WATER FITNESS SCHEDULE-KERNERSVILLE FAMILY YMCA

### MONDAY

START	END		PROGRAM	NOTES
7:00am	7:45am	shallow	Level 3 Aqua Fit	
8:00am	8:45am	shallow	Level 3 Aqua Fit	
9:00am	9:45am	shallow	Level 3 Aqua Fit	
10:00am	10:45am	shallow	Level 3 Aqua Fit	
11:00am	11:45am	shallow	Level 1 Strength & Stretch	
6:00pm	6:45pm	shallow	Level 4 Aqua HIIT	

### TUESDAY

START	END		PROGRAM	NOTES
8:00am	8:45am	shallow	Level 3 Aqua Fit	
5:15pm	6:00pm	shallow	Level 3 Aqua Fit	

### WEDNESDAY

START	END		PROGRAM	NOTES
7:00am	7:45am	shallow	Level 3 Aqua Fit	
8:00am	8:45am	shallow	Level 3 Aqua Fit	
9:00am	9:45am	shallow	Level 3 Aqua Fit	
10:00am	10:45am	shallow	Level 3 Aqua Fit	
11:00am	11:45am	shallow	Level 1 Strength & Stretch	
6:00pm	6:45pm	shallow	Level 4 Aqua HIIT	

### THURSDAY

START	END		PROGRAM	NOTES
5:15pm	6:00pm	shallow	Level 3 Aqua Fit	

### FRIDAY

START	END		PROGRAM	NOTES
8:00am	8:45am	shallow	Level 3 Aqua Fit	
9:00am	9:45am	shallow	Level 3 Aqua Fit	
10:00am	10:45am	shallow	Level 3 Aqua Fit	
11:00am	11:45am	shallow	Level 1 Strength & Stretch	

### SATURDAY

START	END		PROGRAM	NOTES
8:05am	8:50am	shallow	Level 3 Aqua Fit	

All classes are designed to accommodate- Beginner, Intermediate, and Advanced. Any questions/concerns contact:  
Aquatics Director, Patrick O'Toole, [p.otoole@ymcanwnc.org](mailto:p.otoole@ymcanwnc.org)

KERNERSVILLE FAMILY YMCA  
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Kernersville, NC 27284 P (O) 336 996 2231 (F) 336.996.8605 [www.kernersvilleyymca.org](http://www.kernersvilleyymca.org) A United Way Agency  
Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."



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## Class Descriptions

### Level 1: Strength & Stretch

Our class is fit as a whole, although a few participants just walk in very shallow end. This class welcomes new participants. Sometimes songs are sung as we exercise. Most of the participants are LONG-time water fitness enthusiasts & want to work out at the top of their personal goals. This class includes cardio sets, muscle strengthening & stretching using water's natural properties of buoyancy & resistance to achieve safe & effective fitness.

### Level 2: Yin Yoga

Vinyasa based standing yoga sequence that will adapt to all levels. Students will be guided through a series of postures in a yin based practice. With the use of props such as noodles, kick boards, to enhance flexibility and range of movement. Focusing on inner reflection, meditation, and breath.

### Level 3: Water Athletics

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.

### Level 3: Aqua Fit

This is a low to medium intensity workout that takes place in the shallow. Low impact but good cardio workout! This is a full body workout focused on strength, toning, & balance.

### Level 4: Aqua HIIT

20 seconds of intense activity, then 10 seconds rest, done eight times to maximize results. Utilizing plyometrics, sprinting, and weight lifting this method of training can be extremely beneficial for power development, building muscle mass, and fat burning. You'll also build stronger joints and bones due to the increased impact on your body while protecting the joints in the water.

\*All levels are welcome and moves can be adapted to the needs of each member.

\*Participants must be in at least Middle School (6th grade) or accompanied by an adult.

### Tips for Success:

\* Don't forget your water bottle      \* Bring a towel      \* Wear non-slip water shoes

Aquatic Personal Training Sessions are available. Ask the front desk or your instructor for more details.