



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

**March 2024 Aquatics Schedule – Wilkes Family YMCA**

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.

Pool Hours M-F: 5am-8pm, Saturdays: 8am-6pm, Sundays: 1pm-6pm

Upcoming events: Polar Plunge, Monday March 4<sup>th</sup> the sunshine pool will be Closed for event from 5:30 -7:00 pm

**MONDAY**

| START  | END    | CLASS/GROUP          | POOL SPACE USED    | POOL SPACE AVAILABLE             |
|--------|--------|----------------------|--------------------|----------------------------------|
| 8:00a  | 8:45a  | Aqua Energizers      | Lap Lanes 1-4 Deep | Lap Lanes 5,6, Sunshine Pool     |
| 9:00a  | 9:45a  | Aqua Fit             | Sunshine Pool      | Lap Pool                         |
| 10:00a | 10:45a | Strength and Stretch | Sunshine Pool      | Lap Pool                         |
| 11:00a | 11:45a | Strength and Stretch | Sunshine Pool      | Lap Pool                         |
| 4:45p  | 6:00p  | Swim TYDE            | Lap Lanes 4,5,6    | Sunshine Pool                    |
| 5:00   | 6:30   | Swim Lessons         | ½ Sunshine Pool    | ½ Sunshine Pool, Lap Lanes 1,2,3 |

**TUESDAY**

| START | END    | CLASS/GROUP     | POOL SPACE USED | POOL SPACE AVAILABLE             |
|-------|--------|-----------------|-----------------|----------------------------------|
| 9:30a | 10:15a | Aqua Energizers | Lap Lanes 1,2   | Lap Lanes 3,4,5,6, Sunshine pool |
| 4:45p | 6:00p  | Swim TYDE       | Lap Lanes 4,5,6 | ½ Sunshine Pool                  |
| 5:00p | 6:30p  | Swim Lessons    | ½ Sunshine Pool | ½ Sunshine Pool                  |
| 5:15p | 6:00p  | Aqua Energizers | Lap Lanes 1,2,3 | ½ Sunshine Pool                  |
| 6:10p | 6:55p  | Aqua Fit        | Sunshine Pool   | Lap Lanes 1,2,3                  |

**WEDNESDAY**

| START  | END    | CLASS/GROUP          | POOL SPACE USED | POOL SPACE AVAILABLE        |
|--------|--------|----------------------|-----------------|-----------------------------|
| 8:00a  | 8:45a  | Aqua Energizers      | Lap Lanes 1-4   | Lap Lanes 5,6/Sunshine Pool |
| 9:00a  | 9:45a  | Aqua Fit             | Sunshine Pool   | Lap Pool                    |
| 10:00a | 10:45a | Strength and Stretch | Sunshine Pool   | Lap Pool                    |
| 11:00a | 11:45a | Strength and Stretch | Sunshine Pool   | Lap Pool                    |

**THURSDAY**

| START | END    | CLASS/GROUP     | POOL SPACE USED | POOL SPACE AVAILABLE |
|-------|--------|-----------------|-----------------|----------------------|
| 9:00a | 10:00a | Volleyball      | Sunshine Pool   | Lap Pool             |
| 4:45p | 6:00p  | Swim TYDE       | Lap Lanes 4,5,6 | ½ Sunshine Pool      |
| 5:00p | 6:30p  | Swim Lessons    | ½ Sunshine Pool | ½ Sunshine Pool      |
| 5:15p | 6:00p  | Aqua Energizers | Lap Lanes 1,2,3 | ½ Sunshine Pool      |
| 6:10p | 6:55p  | Aqua Fit        | Sunshine Pool   | Lap Lanes 1,2,3      |

**FRIDAY**

| START  | END    | CLASS/GROUP          | POOL SPACE USED    | POOL SPACE AVAILABLE             |
|--------|--------|----------------------|--------------------|----------------------------------|
| 8:00a  | 8:45a  | Aqua Energizers      | Lap Lanes 1-3 deep | Lap Lanes 4,5,6/Sunshine Pool    |
| 9:00a  | 9:45a  | Aqua Fit             | Sunshine Pool      | Lap Lanes 3,4,5,6/Free Swim Area |
| 10:00a | 10:45a | Strength and Stretch | Sunshine Pool      | Lap Lanes 3,4,5,6/Free Swim Area |
| 11:00a | 11:45a | Strength and Stretch | Sunshine Pool      | Lap Lanes 3,4,5,6/Free Swim Area |

**SATURDAY**

| START | END    | CLASS/GROUP  | POOL SPACE USED | POOL SPACE AVAILABLE          |
|-------|--------|--------------|-----------------|-------------------------------|
| 9:00a | 11:45a | Swim Lessons | Sunshine Pool   | All Lap Lanes, Free Swim Area |



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**Aqua Basics – Level 1** – Shallow water class, Aqua Basics will help individuals develop muscle strength while increasing static balance, range of motion and flexibility, and relieving tension from injured joints.

**Aquafit – Level 2** – Shallow water class, Aquafit is a low impact program developed to give you an aerobic workout while developing muscle tone and endurance.

**Cardio Splash – Level 3** – Shallow Water Class, get moving with choreographed dances and upbeat music! The instructor teaches from the pool deck while participants can enjoy a low impact workout. Cardio Splash is open to anyone looking to try something new, and is great for folks recovering from injuries or looking to add some resistance to their workout.

**Sweat'n & Step'n & Aqua Energizers – Level 3** – Shallow Water & Deep 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 overall 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 the whole body. Classes also build strength through different equipment to add resistance.

**Aqua HITT – Level 4 – Deep Water Class** – Aqua HITT will challenge all fitness levels! Confidence in deep water is highly suggested in this high energy, total body conditioning class. Resistance equipment is used to increase intensity and flotation belts are available if needed. Workout together, but at your own pace!