



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## FALL/WINTER/SPRING WATER FITNESS SCHEDULE: JERRY LONG FAMILY YMCA

### MONDAY

| START   | END     | PROGRAM           | NOTES              |
|---------|---------|-------------------|--------------------|
| 7:00am  | 7:45am  | Lanes 1-4 Deep    | Aqua Jogging       |
| 8:00am  | 8:45am  | Lanes 1-4 Deep    | Aqua Energizers    |
| 10:15am | 11:00am | Lanes 1-4 Shallow | Aquafit            |
| 11:15am | 12:00pm | Lanes 1-4 Shallow | Strength & Stretch |
| 7:15pm  | 8:00pm  | Lanes 1-4 Shallow | Aqua HIIT          |

### TUESDAY

| START   | END     | PROGRAM           | NOTES              |
|---------|---------|-------------------|--------------------|
| 7:15am  | 8:00am  | Lanes 1-4 Shallow | Aquafit            |
| 8:00am  | 8:45am  | Lanes 1-4 Deep    | Aqua Energizers    |
| 10:15am | 11:00am | Lanes 1-4 Shallow | Aqua Basics        |
| 11:00am | 11:45am | Lanes 1-4 Shallow | Strength & Stretch |

### WEDNESDAY

| START   | END     | PROGRAM           | NOTES              |
|---------|---------|-------------------|--------------------|
| 7:00am  | 7:45am  | Lanes 1-4 Deep    | Aqua Jogging       |
| 9:15am  | 10:00am | Lanes 1-4 Shallow | Aqua HIIT          |
| 10:15am | 11:00am | Lanes 1-4 Shallow | Aquafit            |
| 11:15am | 12:00pm | Lanes 1-4 Shallow | Strength & Stretch |

### THURSDAY

| START   | END     | PROGRAM           | NOTES              |
|---------|---------|-------------------|--------------------|
| 8:00am  | 8:45am  | Lanes 1-4 Deep    | Aqua Energizers    |
| 10:15am | 11:00am | Lanes 1-4 Shallow | Aqua Basics        |
| 11:00am | 11:45am | Lanes 1-4 Shallow | Strength & Stretch |

### FRIDAY

| START   | END     | PROGRAM           | NOTES              |
|---------|---------|-------------------|--------------------|
| 7:00am  | 7:45am  | Lanes 1-4 Deep    | Aqua Jogging       |
| 8:00am  | 8:45am  | Lanes 1-4 Shallow | Aqua HIIT          |
| 10:15am | 11:00am | Lanes 1-4 Shallow | Aquafit            |
| 11:15am | 12:00pm | Lanes 1-4 Shallow | Strength & Stretch |

#### Jerry long family ymca

1150 S Peacehaven Road, Clemmons NC 27012

(O) 336 712 2000 (F) 336 712 2005 [www.jerrylongymca.org](http://www.jerrylongymca.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: Aqua Jogging**

This self-led class, is a low-impact cardiovascular exercise that involves jogging while partially submerged in water. It's a comfortable alternative to traditional jogging that can help maintain cardiovascular fitness and running form without putting as much stress on your joints.

### **Level 1: Aqua Basics**

This class helps individuals develop muscle strength and increase range of motion. Each Class will help to increase muscle tone, balance and flexibility while relieving tension from injured joints.

### **Level 2: Strength and Stretch**

This class begins to work on cardiovascular conditioning, muscle strengthening & stretching using water's natural properties of buoyancy & resistance to achieve safe & effective fitness. Each Class is designed to further develop balance and coordination.

### **Level 3: Aquafit- 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 brought warm- up, range of motion, flexibility, functional muscle conditioning, muscle strengthening and toning activities.

### **Level 3: Aqua Energizers- Deep water class**

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 kickboards, noodles & hand weights.

### **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.

**Any questions/concerns contact:** Aquatics Director Lucia Colvin (336)712-2000 or [l.colvin@ymcanwnc.org](mailto:l.colvin@ymcanwnc.org)

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