



AQUATICS SCHEDULE CALCUTTA YMCA

Fall 2019 Revised 9.11.19

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 9:30A to 4:45P	Open Swim 5:30A to 8:45P	Open Swim 5:30A to 8:45P	Open Swim 5:30A to 8:45P	Open Swim 5:30A to 8:45P	Open Swim 5:30A to 8:45P	Open Swim 6:00A to 7:45P
	Aqua Aerobics 8:00-9:00A	Adult Swim Lessons 9:00- 9:45A	Aqua Aerobics 8:00-9:00A	Adult Swim Lessons 9:00- 9:45A	Aqua Aerobics 8:00-9:00A	
		Movin' & Groovin' 9:00-10:00A		Movin' & Groovin' 9:00-10:00A		Stage # 6 Stroke Mechanics 8:00-8:30 A
		Water Yoga & Basic Stretching 10:15-11:00A		Water Yoga & Basic Stretching 10:15-11:00A		Stage # 5 Stroke Development 8:30-9:00 A
Pool Parties 1:00 to 3:45P	Shallow Water Runners 11:00-12:00P	Water Pilates 11:00-11:45A	Shallow Water Runners 11:00-12:00P	Water Pilates 11:00-11:45A	Shallow Water Runners 11:00-12:00P	Stage # 4 Stroke Introduction 9:00-9:30 A
	Water Arthritis Class 12:00-1:00P	Home School Family Swim 1:00-3:00P	Water Arthritis Class 12:00-1:00P	Home School Family Swim 1:00-3:00P	Water Arthritis Class 12:00-1:00P	Stage # 3 Water Stamina 9:30-10:00 A
<i>High School Swim Practice Begin October 28</i>	High School Swim Team Practice 3:15-5:00P	High School Swim Team Practice 3:15-5:00P	High School Swim Team Practice 3:15-5:00P	High School Swim Team Practice 3:15-5:00P	High School Swim Team Practice 3:15-5:00P	Stage A Water Discovery 10:30-11:00 A
	Stage A Water Discovery 5:00-5:30P	Overflow Swim Lessons 5:00-5:30P	Stage A Water Discovery 5:00-5:30P	Overflow Swim Lessons 5:00-5:30P		Stage # 2 Water Movement 10:00-10:30 A
	Stage # 1 Water Acclimation 5:00-5:30P	Stage # 4 Stroke Introduction 5:30-6:00P	Stage # 1 Water Acclimation 5:00-5:30P	Stage # 4 Stroke Introduction 5:30-6:00P		Stage B Water Exploration 10:00-10:30 A
<i>WaveRunners Practice Begin September 23</i>	WaveRunner Practice 8yrs & Under 5:30-6:30P	Special Olympics Swim Practice 6:00-7:00P	WaveRunner Practice 8yrs & Under 5:30-6:30P	WaveRunner Practice 8yrs & Under 5:30-6:30P		Stage #1 Water Acclimation 10:30-11:00 A
	Stage B Water Exploration 5:30-6:00P	Stage # 5 Stroke Development 6:00-6:30P	Stage B Water Discovery 5:30-6:00P	Stage # 5 Stroke Development 6:00-6:30P		
	Stage # 2 Water Movement 5:30-6:00P	Stage # 6 Stroke Mechanics 6:30-7:00 P	Stage # 2 Water Movement 5:30-6:00P	Stage # 6 Stroke Mechanics 6:30-7:00 P		Pool Parties 1:00-6:00 P
	Stage # 3 Water Stamina 6:00-6:30P		Stage # 3 Water Stamina 6:00-6:30P			
	WaveRunner Practice 9 -18yrs 6:30-7:45 P		WaveRunner Practice 9 -18yrs 6:30-7:45 P	WaveRunner Practice 9 -18yrs 6:30-7:45 P		

Exercising in the water has several advantages for all fitness levels. Water buoyancy lessens the stress on weight bearing joints, making movement more comfortable and is a great cross training activity. The water also provides mild resistance to all movements. The warmer water aids in relaxing the muscles and in stretching.

Water Fitness Class Descriptions

Aqua Aerobics	0	2	An energetic and invigorating class that combines 30 minutes of cardiovascular conditioning followed by 30 minutes of strength training for a fun filled total body workout accompanied by upbeat music, with no strain on joints and muscles.
Shallow Water Runners	0	1	Have fun and move to the music in the shallow end of the pool using the natural resistance of the water to increase strength and cardiovascular health, during either of these one hour workouts.
Movin & Groovin	0	2	A less rigorous class, combining social fitness and fun in the pool, using foam weights and noodles for stretching with no stress to muscles and joints
Water Pilates	3	3	This program creatively adapts Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace.
Water Yoga & Basic Stretching	3	3	Learn how to stretch your entire body while providing resistance. Enhance flexibility, strength, breathing and body awareness while connecting mind and body.

0 Active Older
= Adults

1 Low Intensity
=

3 Mid Intensity

=
4 High
= Intensity

C =
CHOREOGRAPHY

1 Workouts have no choreographed
= movements

2 Loose choreography that can be
= adapted

3 Class is based on choreographed
= movements