



AQUATICS SCHEDULE CALCUTTA YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING & SUMMER 2020 Revised 3/2/20

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 to 9:00A		Aqua Aerobics 8:00 to 9:00A		Aqua Aerobics 8:00 to 9:00A	
		Adult Swim Lessons 9:00 to 9:45A		Adult Swim Lessons 9:00 to 9:45A		Stage # 6 Stroke Mechanics 8:00 to 8:30A
		Movin' & Groovin' 9:00 to 10:00 A		Movin' & Groovin' 9:00 to 10:00 A		
		Water Pilates 10:00 to 11:00A		Water Pilates 10:00 to 11:00A		Stage # 5 Stroke Development 8:30 to 9:00A
	Shallow Water Runners 11:00 to 12:00P	Water Yoga & Basic Stretching 11:00 to 11:45A	Shallow Water Runners 11:00 to 12:00P	Water Yoga & Basic Stretching 11:00 to 11:45A	Shallow Water Runners 11:00 to 12:00P	Stage # 4 Stroke Introduction 9:00 to 9:30A
	Water Arthritis Class 12:00 to 1:00P	Adult Swim Lessons 12:00 to 12:45A	Water Arthritis Class 12:00 to 1:00P	Adult Swim Lessons 12:00 to 12:45A	Water Arthritis Class 12:00 to 1:00P	Stage # 3 Water Stamina 9:30 to 10:00A
Pool Parties 1:00 to 3:00P		Home School Family Swim 1:00 to 3:00P		Home School Family Swim 1:00 to 3:00P		Stage A Water Discovery 10:30 to 11:00A
	Open pool 1:00 to 5:00p	Open pool 3:00 to 5:00p	Open pool 1:00 to 5:00p	Open pool 3:00 to 5:00p	Open pool 1:00 to 5:00p	Stage # 2 Water Movement 10:00 to 10:30A
						Stage B Water Exploration 10:00 to 10:30A
	Stage A Water Discovery 5:00 to 5:30P	Overflow Swim Lessons 5:00 to 5:30P	Stage A Water Discovery 5:00 to 5:30P	Overflow Swim Lessons 5:00 to 5:30P	Open Family Swim 5:00 to 8:45P	Stage # 1 Water Acclimation 10:30 to 11:00A
	Stage # 1 Water Acclimation 5:00 to 5:30P	Stage # 4 Stroke Introduction 5:30 to 6:00P	Stage # 1 Water Acclimation 5:00 to 5:30P	Stage # 4 Stroke Introduction 5:30 to 6:00P		
	Stage B Water Exploration 5:30 to 6:00P	Stage # 5 Stroke Development 6:00 to 6:30P	Stage B Water Exploration 5:30 to 6:00P	Stage # 5 Stroke Development 6:00 to 6:30P		Pool Parties 1:00 to 6:00P
	Stage # 2 Water Movement 5:30 to 6:00P	Stage # 6 Stroke Mechanics 6:30 to 7:00P	Stage # 2 Water Movement 5:30 to 6:00P	Stage # 6 Stroke Mechanics 6:30 to 7:00P		
	Stage # 3 Water Stamina 6:00 to 6:30P		Stage # 3 Water Stamina 6:00 to 6:30P			

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	3	Mid Intensity	C =	1	Workouts have no choreographed
=	Adults	=		CHOREOGRAPHY	=	movements
1	Low Intensity	4	High		2	Loose choreography that can be
=		=	Intensity		=	adapted
					3	Class is based on choreographed
					=	movements