



JANUARY 1 – FEBRUARY 29, 2024

 **LAP SWIM/OPEN SWIM**
 **LANE CLOSED**
 **POOL CLOSED**
 **EXTRA LANE FOR CLASS**

SAFE POOLS HAVE RULES

1. All children under the age of 12 must be accompanied by an adult Y member.
2. Breath-holding activities are not permitted in Y Pools.
3. Shower before you enter the pool.
4. Proper swimming attire must be worn at all times.
5. Running on the deck, in the locker rooms, showers, or hallways is not permitted.
6. Food, soda, gum, or candy are not permitted in the Aquatics Center.
7. Horseplay of any kind will not be tolerated.
8. Hanging on the float lines or lap lanes is not permitted.
9. NO DIVING.
10. Dry off before leaving the pool area.
11. Enter the water facing forward.
12. Persons with bandages, open cuts, or wounds are not allowed in the pool.
13. Children under 3 should be potty-trained or wear swim diapers.
14. The lifeguard's word is final. Lifeguards will not tolerate inappropriate behavior.

Questions or concerns? Please contact Kelvin Arjune, Aquatics Director at:
kelvinarjune@ymcaup.org

CLASS DESCRIPTIONS

AQUA CARDIO BARRE – this aqua class incorporates 25-minutes of cardio, 25-minutes of toning with noodles, and 10-minutes of stretching in the water. This is a high-energy class for all age groups.

AQUA CONDITIONING – this aqua class will incorporate high-level cardio with strength training. Constant movement in the water, burn calories, and shape the body. Working against the drag of the water and using various aquatic equipment will help improve strength, definition, and endurance.

AQUA FIT – this cardio/strength aqua class will help with increased energy, balance, range of motion, and all types of other health benefits. Be ready for a comprehensive class that engages your whole body.

WATER AEROBICS – this water aerobics class is a compilation of warm-up, cardio, muscular strengthening with bells, balancing, and stretching. This class will help to increase stamina and strength. It is a mild to high impact class, but is designed for all levels of participation. Participants can work at their own level with ease. This is a good class for all ages.

WATER EXERCISE – this class will incorporate all of our class techniques for a well-rounded experience. Classes will be taught by a rotating group of instructors each week.

WATER WELLNESS – this wellness class helps you become acquainted with water walking and exercising in the pool. Reduced stress on joints will allow you to tone and strengthen while increasing your range of motion. We will focus on movements to improve coordination and balance.

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