



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY-MAY 2024 | WATER AEROBICS SCHEDULE

Monday	8:05-8:50am	Aqua Conditioning	Lindsay S.
	11:15-12:15pm	Aqua Conditioning	Lisa D.
Tuesday	8:05-8:50am	Aqua Conditioning	Lindsay S.
	11:00-11:45am	Aqua Conditioning (starts 10/10)	Shawn C.
Wednesday	7:15-8:15pm	Aqua Conditioning	Lisa D.
	8:15-9:00am	Aqua Board Yoga*	Sandra M.
	11:15-12:15pm	Aqua Conditioning	Lisa D.
	6:45-7:45pm	Aqua Conditioning	Lisa D.
Thursday	8:05-8:50am	Aqua Conditioning	Lindsay S.
	11:00-11:45am	Aqua Aerobics—Shallow	Niki B.
	7:15-8:15pm	Aqua Conditioning	Lisa D.
Friday	11:00-11:45am	Water Wellness	Niki B.
Saturday	8:05-8:50am	Aqua Conditioning	Sarah S.
	9:00-9:50am	Aqua Dance	Sarah S.

***Aqua Board Classes have a maximum capacity of 10 participants. Please stop by the front desk to get a ticket for class up to 30 minutes prior to start time.**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER AEROBICS CLASS CANCELATIONS

JANUARY 18 | 11:00AM CLASSES MOVED TO 11:15AM

JANUARY 19 | 11:00AM CLASSES MOVED TO 11:15AM

JANUARY 26 | 11:00AM CLASSES MOVED TO 11:15AM

FEBRUARY 13 | 11:00AM CLASSES MOVED TO 11:15AM

FEBRUARY 15 | 11:00AM CLASSES MOVED TO 11:15AM

CSD 4TH GRADE SWIM LESSONS | POOLS CLOSED

JANUARY 17-19 AND JANUARY 26 | 9:30AM-11:00AM

FEBRUARY 12-15 | 9:30AM-11:00AM

YMCA HOLIDAY HOURS

NEW YEARS DAY.....	CLOSED
GOOD FRIDAY.....	CLOSED
EASTER.....	CLOSED
MEMORIAL DAY.....	CLOSED
JULY 4TH	CLOSED
LABOR DAY.....	CLOSED
DAY BEFORE THANKSGIVING.....	5AM-4PM
THANKSGIVING.....	CLOSED
BLACK FRIDAY.....	8AM-9PM
CHRISTMAS EVE.....	CLOSED
CHRISTMAS DAY.....	CLOSED
NEW YEAR'S EVE.....	5AM-2PM



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER AEROBICS GROUP DESCRIPTIONS

Aqua Aerobics—Shallow 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. **Levels 1-3**

Water Aerobics – Deep This class is designed to increase the heart rate and condition the whole body. It combines cardiovascular and muscular endurance, strength and core abdominal work utilizing the deep end of the pool. **Levels 1-3**

Aqua Board Yoga: A fun workout that combines the elements of yoga and aqua board together. During this class you will execute your favorite yoga poses on the aqua board, approaching the practice with beginner's mindset as you introduce new challenges to your yoga routine. You will engage muscles through focused movement that you may neglect during your yoga practice on the mat. This class is the perfect way to build core strength, coordination, endurance and balance. **Level 1-3**

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. **Levels 1-3**

Aqua Dance: This water class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is minimal impact on your joints so you can really let loose. This pool party you don't want to miss! **Levels 1-3**

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. **Levels 1-3**

Water Wellness: 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. **Levels 1-3**

Level 1 Beginner, Level 2 Intermediate, Level 3 Advanced

UPPER PALMETTO YMCA—CSD Community YMCA
5485 Charlotte Highway, Lake Wylie, SC 29710
(803) 831-9622
upymca.org