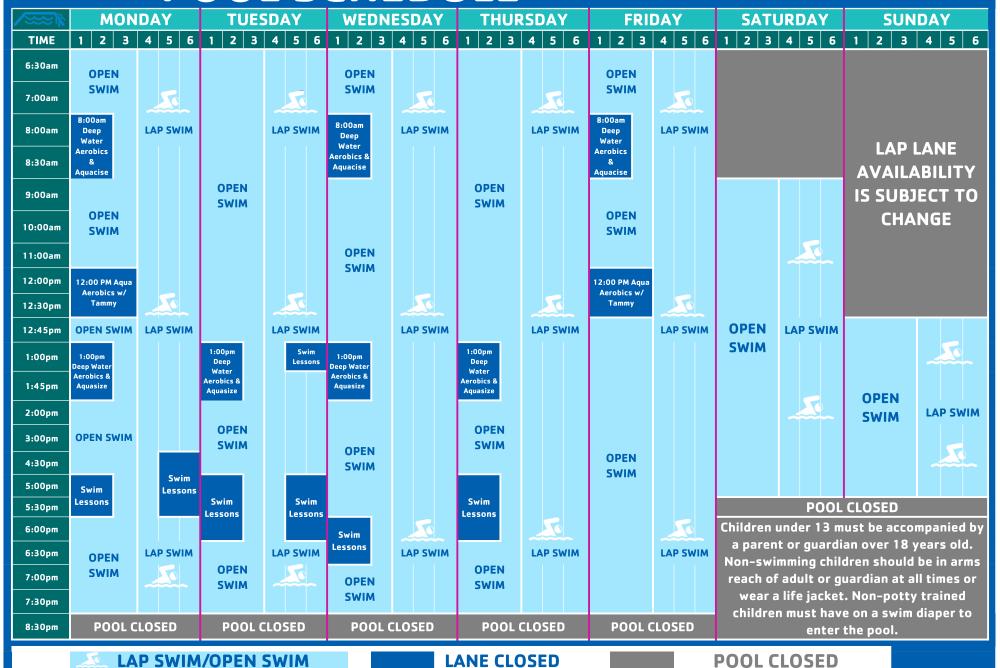
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### **POOL SCHEDULE**

### 2/25/24-4/7/24



# SAFE POOLS HAVE RULES

- 1. All children under the age of 13 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.

## **CLASS DESCRIPTIONS**

**AQUACISE-** 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.

**DEEP WATER -** 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.

#### **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 or participation. Participants of all ages can work at their own level with ease.

**DEEP** – this class is designed to increase the heart rate and condition of the whole body. It combines cardiovascular and muscular endurance, strength and core abdominal work utilizing the deep end of the pool.

**GREGORY FAMILY YMCA** 

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