



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# April 1st – May 26th , 2024 Ascension St. Vincent YMCA

## Monday

| TIME         | ACTIVITY                     | LANES |
|--------------|------------------------------|-------|
| 5:00-7:55am  | Lap Swim                     | 1-6   |
| 8:00-10:55am | Water Fitness                |       |
| 11:00-2:00pm | Lap Swim                     | 1-6   |
| 2:05-2:55pm  | Arthritis                    |       |
| 3:00-5:00pm  | Open Swim/Lap Swim(Lane 1-3) |       |
| 5:00-7:00pm  | Lap Swim/Swim Team(Lane 4-6) |       |

## Tuesday

| TIME               | ACTIVITY                      | LANES |
|--------------------|-------------------------------|-------|
| 5:00-7:55am        | Lap Swim                      | 1-6   |
| <b>6:00-7:15am</b> | <b>Hydrorider in lane 4-6</b> |       |
| 8:15-10:00am       | Homeschool Swim/Lessons       |       |
| 10:00-1:00pm       | Lap Swim                      | 1-6   |
| 4:00-6:00pm        | Swim Lessons                  |       |
| 6:10-7:00pm        | Water Fitness                 |       |

## Wednesday

| TIME                | ACTIVITY                      | LANES |
|---------------------|-------------------------------|-------|
| 5:00-7:55am         | Lap Swim                      | 1-6   |
| 8:00-10:55am        | Water Fitness                 |       |
| 11:00-2:00pm        | Lap Swim                      | 1-6   |
| <b>11:45-1:00pm</b> | <b>Hydrorider in lane 4-6</b> |       |
| 2:05-2:55pm         | Arthritis                     |       |
| 3:00-5:00pm         | Open/Lap Swim (Lane 1-3)      |       |
| 5:00-7:00pm         | Lap Swim/Swim Team(Lane 4-6)  |       |

## Thursday

| TIME               | ACTIVITY                      | LANES |
|--------------------|-------------------------------|-------|
| 5:00-7:55am        | Lap Swim                      | 1-6   |
| <b>6:00-7:15am</b> | <b>Hydrorider in lane 4-6</b> |       |
| 8:15-10:55pm       | Homeschool Swim/Lessons       |       |
| 11:00-1:00pm       | Lap Swim                      | 1-6   |
| 4:00-6:00pm        | Open/Lap Swim (Lanes 1-3)     |       |
| 6:00-7:00pm        | Water Fitness                 |       |

## Friday

| TIME         | ACTIVITY                     | LANES |
|--------------|------------------------------|-------|
| 5:00-7:55am  | Lap Swim                     | 1-6   |
| 8:00-10:55am | Water Fitness                |       |
| 11:00-2:00pm | Lap Swim                     | 1-6   |
| 2:05-2:55pm  | Arthritis                    |       |
| 3:00-7:00pm  | Open Swim/Lap Swim(Lane 4-6) |       |

## Saturday

| TIME               | ACTIVITY                      | LANES |
|--------------------|-------------------------------|-------|
| 6:00-9:00am        | Lap Swim                      | 1-6   |
| <b>8:00-9:15am</b> | <b>Hydrorider in lane 4-6</b> |       |
| 9:00-12:00pm       | Swim Lessons                  |       |
| 12:00-3:00pm       | Open/Lap Swim (Lanes 4-6)     |       |

## Sunday

| TIME         | ACTIVITY                  | LANES |
|--------------|---------------------------|-------|
| 12:00-2:00pm | Lap Swim                  | 1-6   |
| 2:15-3:30pm  | Paddleboard Yoga (2:30)   |       |
| 3:30-5:00pm  | Open/Lap Swim (Lanes 4-6) |       |

*Use our Mobile App on your smartphone to reserve your lap lane. Each lane will hold two swimmers. Your reservation will be for half of a lane. Walk ins are always welcome but swimmers with reservations will take priority.*

**Our Mission:** The YMCA of Southwestern Indiana Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.

# WATER FITNESS CLASS INFORMATION

## Ascension St. Vincent YMCA Winter/Spring 2024

### Shallow Water Fitness Classes

*Ages 14 and older. Water fitness shoes recommended.*

**Aqua Dance** is a dance party set to music in shallow water! Participants will work on aerobic endurance, muscular resistance, flexibility and joint mobility, all at the same time.  
**M, W, F 8:05 - 8:50am**

**Aqua Challenge** This class emphasizes cardio, strength, balance, and flexibility while exploring the many ways to use the shallow water for your own best workout! The class will vary with the instructor. You will be introduced to many variations of water fitness throughout this session.  
**M, W, F 8:55 - 9:40am**

**Water Wellness** class offers lots of fun and shallow water moves. Designed for people with arthritis or other joint pain, this low impact class is great for strengthening, toning, and stretching using full range of motion. This class is very relaxing and helps you feel great.  
**M, W, F 9:45 - 10:30am**

**Arthritis Foundation Aquatics** Arthritis Aquatics offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance while helping to improve joint mobility and help to relieve discomfort.  
**M, W, F 2:05 - 2:50pm**

**Hydro-Burst** Come try this new "spin" on Hydorrider! This class will combine your favorite in water cycling workout with off-bike intervals to help increase your heart rate while building strength and endurance. Class will incorporate a variety of equipment & exercises to ensure a great workout!  
**T, TH 6:10 - 6:55pm**

*\*\*(Register for classes at the front desk)*

### Paddleboard Classes

#### **Paddleboard Yoga**

Find your inner Zen with yoga on water. It's a whole new way to experience a sun salutation. You'll become an even better yogi than you thought possible, all while enjoying the natural splendor of floating on water.

**Sundays 2:30 - 3:15pm**

### Deep Water Fitness Classes

*Ages 14 and older. Buoyancy belts available. Need to feel comfortable in deep water.*

**Deep Fit Head to Toe** Incorporates movement of every quadrant of your body, combining cardio movement, isolations, stretching, and FUN! Flotation belts will help focus on body movement. Workouts will vary with the integration of noodles, boards and water dumbbells.  
**M, W, F 8:05 - 8:50am**

**Deep Water Tabata** This class loosely follows the TABATA (High-Intensity Interval Training) protocol of 30-second intervals of higher intensity movement followed by 10 seconds of recovery movement. Class will address both joint & muscle movement, breathing, and stretching.  
**M, W, F 8:55 - 9:40am**

**Deep Water Dynamics** This class is great for cross-training. This class will strengthen abdominal, thighs, and back muscles. Resistance of water will work your heart while avoiding impact.  
**T/TH 6:10 - 6:55pm**

### Hydorrider Cycling Classes

Hydorriders are user friendly, in-water cycling bikes that are perfect for any skill level. These biking in the water group classes meld the cardio and lower body conditioning of spin with the gentle on the joints resistance of the water. The class uses stationary bikes in the pool to place riders in waist to chest deep water while pedaling away.

**Tuesdays 6:15 - 7:00am**  
**6:10 - 6:55pm**  
**Wednesdays 12:00 - 12:45pm**  
**Thursdays 6:15 - 7:00am**  
**6:10 - 6:55pm**  
**Saturdays 8:15 - 9:00am**

**\*\*Registration for Hydorrider and Paddleboard is now available on our mobile app. If you are unable to make it to a class you have reserved, please make sure to cancel your spot to allow others to attend.**

**Our Mission:** The YMCA of Southwestern Indiana Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.