



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# January 2 — May 29, 2022

## Ascension St. Vincent YMCA

### Monday

TIME	ACTIVITY	LANES
5:00-7:55am	Lap Swim	1-6
8:05-10:55am	Water Fitness	
11:00-1:55pm	Lap Swim	1-6
2:05-2:55pm	Arthritis	
3:00-5:00pm	Open/Lap Swim (Lane 5 & 6)	
5:00-6:00pm	Lap Swim(1-3)/Swim Team(4-6)	
6:00-7:30pm	Swim Team	1-6

### 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>	
8:15-10:55am	Homeschool Swim/Lessons	
11:00-1:55pm	Lap Swim	1-6
3:00-4:00pm	Open/Lap Swim (Lane 5 & 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
8:05-10:55am	Water Fitness	
11:00-1:55pm	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 5 & 6)	
5:00-6:00pm	Lap Swim(1-3)/Swim Team(4-6)	
6:00-7:30pm	Swim Team	1-6

*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.*

### 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	
11:00-1:55pm	Lap Swim	1-6
3:00-5:00pm	Open/Lap Swim (Lane 5 & 6)	
5:00-5:55pm	Lap Swim(1-3)/Swim Team(4-6)	
6:10-7:00pm	Water Fitness	

### Friday

TIME	ACTIVITY	LANES
5:00-7:55am	Lap Swim	1-6
8:05-11:55am	Water Fitness/Paddleboard	
12:00-1:55pm	Lap Swim	1-6
2:05-2:55pm	Arthritis(4-6)/Lap Swim(1-3)	
3:00-5:00pm	Open/Lap Swim (Lane 5 & 6)	
5:00-7:00pm	Lap Swim	1-6

### Saturday

TIME	ACTIVITY	LANES
6:00-9:00am	Lap Swim	1-6
<b>7:30-9:30am</b>	<b>Hydrorider in lane 4-6</b>	
9:00-12:00pm	Swim Lessons	
12:00-2:00pm	Lap Swim	1-6
2:00-5:00pm	Open/Lap Swim (Lane 5 & 6)	

### Sunday

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

**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 2022

Participants must register for classes

### 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 Hydrorider! 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.

**Fridays 10:45—11:30am**

**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**

### Hydrorider Cycling Classes

Hydroriders 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 7:45 - 8:25am**

**8:35 - 9:15am**

**\*\*Registration for Hydrorider 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.