

Marin YMCA **Water Fitness Class Schedule 2008**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Water Exercise 8:15–9:00 am		Water Exercise 8:15–9:00 am		Water Exercise 8:15–9:00 am	
	Aqua Aerobics 9:00–10:00 am	Strgth & Aerobic 9:00–10:00 am	Aqua Aerobics 9:00–10:00 am	Strgth & Aerobic 9:00–10:00 am	Aqua Aerobics 9:00–10:00 am	Aqua Aerobics 9:00–10:00 am
	Arthritis-Basic 10:15–11:00 am	Keep Fit 10:00–11:00 am	Arthritis-Basic 10:15–11:00 am	Keep Fit 10:00–11:00 am	Arthritis-Plus 10:15–11:00 am	
		Arthritis-Basic 2:00–2:45 pm	Keep Fit 2:00–3:00 pm	Arthritis-Basic 2:00–2:45 pm		
	Aqua Aerobics 6:00–7:00 pm	Aqua Aerobics 6:15–7:45 pm	Aqua Aerobics 6:00–7:00 pm	Aqua Aerobics 6:00–7:00 pm		

Water Fitness Class Descriptions:

Arthritis–Basic & Plus - Exercise class that facilitates the use of all muscles and joints. Designed to maintain or increase the strength and range of motion of all joints. Low impact.

Aqua Aerobics - Low impact, high intensity workout concentrating on using all muscles in the body and maintaining an increased heart rate throughout the class.

Keep Fit - This class incorporates light aerobic work with beginning strength training. The class takes into consideration injuries, disabilities and special needs.

Strengthening & Aerobics - Power class that incorporates aerobic exercise and strengthening exercises along with lots of abdominal work. Class is 60 minutes.

Water Exercise - Strengthening and toning class that mimics land weight training exercises. Class is low impact and low to medium intensity.

General Pool Rules:

1. Everyone using the facility is expected to demonstrate the character values of Caring, Honesty, Respect and Responsibility.
2. Always shower before entering the pool.
3. Hair must be tied back for those with hair longer than shoulder length.
4. Everyone using the pool must wear a lined bathing suit – T-shirts, shorts, cut-offs, etc. are not allowed.
5. The pool deck can get very slippery... please walk.
6. Please respect and obey the lifeguards. They are here for your safety.

Lap Swimming Etiquette:

1. Consult the Aquatics Schedule for lap lane availability.
2. Please circle swim. Swim counter clockwise, always staying on the right side of the lane. Veer to the left about 10 inches before making your turn at the wall. Do not swim into oncoming swimmers, not even to pass.
3. Choose an appropriate lane for your speed.



Marin YMCA

a branch of the YMCA of San Francisco

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YMCA membership and programs are open to everyone.
To the extent possible, financial assistance is made available to those in need, so they are not excluded from YMCA programs.

We build strong kids, strong families, strong communities.