

MARIN YMCA • WATER FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Water Exercise 8:00–8:55 am Chris S.		Water Exercise 8:00–8:55 am Chris S.		Water Exercise 8:00–8:55 am Chris S.	
	Aqua Aerobics 9:00–9:55 am Gayle H.	Strgth & Aerobic 9:00–9:55 am Renée R.	Aqua Aerobics 9:00–9:55 am Gayle H.	Strgth & Aerobic 9:00–9:55 am Marianne S.	Aqua Aerobics 9:00–9:55 am Renée R.	Aqua Aerobics 9:00–9:55 am Gayle H.
	Arthritis-Basic 10:00–10:55 am June G.	Keep Fit 10:00–10:55 am Chris J.	Arthritis-Basic 10:00–10:55 am June G.	Keep Fit 10:00–10:55 am Chris J.	Arthritis-Plus 10:00–10:55 am Oscar C.	
		Arthritis-Basic 2:00–2:55 pm Toby		Arthritis-Basic 2:00–2:55 pm Toby		
	Aqua Aerobics 6:00–6:55 pm Gayle H.	Aqua Zumba 6:30–7:25 pm Marion B.	Aqua Aerobics 6:00–6:55 pm Chris J.			

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.

Aqua Zumba – Learn the newest Latin dance steps and rhythms while you move to the hottest Latin music. This class is an aerobic total body workout with the added resistance of water.

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.



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MARIN YMCA

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