



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

October 28th – November 23rd

Clem and Mary Lange

Tri-County YMCA

Therapy Pool Schedule

### Monday

| Time             | Activity          |
|------------------|-------------------|
| 5:30 – 9:45am    | Open Pool         |
| 10:00 – 10:45am  | Low– Intensity WA |
| 11:00am – 3:00pm | Open Pool         |
| 3:00 – 4:15pm    | Pool Closed       |
| 4:15 – 5:15pm    | Open Pool         |
| 5:30 – 6:15pm    | Aqua Kickboxing   |
| 6:30 – 7:15pm    | Upper Body & Core |
| 7:15 – 8:00pm    | Open Pool         |

### Wednesday

| Time             | Activity           |
|------------------|--------------------|
| 5:30 – 9:45am    | Open Pool          |
| 10:00 – 10:45am  | Low – Intensity WA |
| 11:00am – 3:00pm | Open Pool          |
| 3:00 – 4:15pm    | Pool Closed        |
| 4:30 – 5:30pm    | Open Pool          |
| 5:30 – 6:15pm    | Aqua Kickboxing    |
| 6:30 – 7:15pm    | Upper Body & Core  |
| 7:15 – 8:00pm    | Open Pool          |

### Friday

| Time          | Activity    |
|---------------|-------------|
| 5:30 – 3:00pm | Open Pool   |
| 3:00pm        | Pool Closed |

### Tuesday

| Time          | Activity            |
|---------------|---------------------|
| 5:30 – 8:30am | Open Pool           |
| 8:45 – 9:30am | Upper Body and Core |
| 9:45am–2:00pm | Open Pool           |
| 2:00–5:00pm   | Pool Closed         |
| 5:00–6:00pm   | Open Pool           |
| 6:15–7:00pm   | Next Level Noodle   |
| 7:15–8:00pm   | Open Pool           |

### Thursday

| Time          | Activity            |
|---------------|---------------------|
| 5:30 – 8:30am | Open Pool           |
| 8:45 – 9:30am | Upper Body and Core |
| 9:45am–2:00pm | Open Pool           |
| 2:00 – 5:00pm | Pool Closed         |
| 5:00 – 6:00pm | Open Pool           |
| 6:15–7:00pm   | Next Level Noodle   |
| 7:15– 8:00pm  | Open Pool           |

### Saturday

| Time             | Activity           |
|------------------|--------------------|
| 6:30am – 10:00pm | Open Pool          |
| 10:15 – 11:00am  | Low – Intensity WA |
| 11:00am          | Pool Closed        |

Open pool - The pool will be open for anyone over the age of 18. Sign-out a keycard at the front desk.

All Programs will have a registration and fee associated with them. Will last for 4 weeks. They are all Non-refundable.

Access to the sauna will be 30 minutes after the YMCA opens until 1 hour before closing. Sign-out a keycard at the front desk.

A lifeguard may or may not be on duty. The therapy pool is a swim at your own risk pool.

**All activity's are subject to change.**

# Class Descriptions

**Next Level Noodle**— Aquatic class with creative cardio, targeted toning, and core concepts all with the pool noodle. Modifications for all ability levels in this fun-focused, total body conditioning class

**Aqua Kick-Boxing**— A great class that combines elements of traditional kickboxing with the benefits of water resistance. It involves performing kickboxing moves, such as punches, kicks, and other martial arts techniques all in the water.

**Low Intensity Water Aerobics**— Aquatic class designed to improve cardiovascular fitness, strength, flexibility, and overall well-being. Great for anyone look to get started in aquatic classes.

**Aqua Core**—Apply fun, force and function to basic arm patterns building progressions for all goals and abilities. Integrating unilateral and bilateral upper body moves and impact variations for core training.

**Aqua Yoga**— Take your ordinary yoga class and add an aquatic twist. Focusing on mobility and core engaging. This low intensity class is great for all levels.

**Aqua Power**— This high intensity class will test your cardiovascular fitness and work on building strength. Great class for anyone looking for a high intensity workout.

**Pool Closed**—Anytime the schedule shows “pool closed”, no members will be able to access the pool. It could be closed for many different reasons.

**Open Pool**—Anytime the schedule shows “open pool”, the pool will be open for any active member over the age of 18 can use the pool for their own personal purposes. Be considerate of other members during this time.