

WATER EXERCISE SCHEDULE

JANUARY

WEST CABARRUS YMCA



MONDAY

Time	Class	Instructor	Location	Level
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AM Classes

8:30-9:15am	Aqua Determination	Marla	Family	3
9:45-10:30am	Hydro Fit	Marla	Family	2
11:00-11:45am	Water Walking	DeeDee	Family	1

PM Class

NONE AVAILABLE AT THIS TIME

TUESDAY

Time	Class	Instructor	Location	Level
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AM Classes

8:30-9:15am	Aqua Determination	Marla	Family	3
9:45-10:30am	Hydro Fit	Marla	Family	2
11:00-11:45am	Water Walking	DeeDee	Family	1

PM Class

7:15-8:00pm	Power Plunge	Kim	Family	ALL
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WEDNESDAY

Time	Class	Instructor	Location	Level
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AM Classes

NONE AVAILABLE AT THIS TIME

FOR MORE INFORMATION CONTACT

DeeDee Ford, Water Exercise Coordinator
E dford@rocabymca.org P 704.795.9622 x220

THURSDAY

Time	Class	Instructor	Location	Level
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AM Classes

8:30-9:15am	Aqua Determination	Marla	Family	3
9:45-10:30am	Hydro Fit	Marla	Family	2
11:00-11:45am	Water Walking	DeeDee	Family	1

PM Class

7:15-8:00pm	Power Plunge	Kim	Family	ALL
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FRIDAY

Time	Class	Instructor	Location	Level
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AM Classes

8:30-9:15am	Hydro Fit	Stephanie	Lap	2/3
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SATURDAY

Time	Class	Instructor	Location	Level
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AM Class

NONE AVAILABLE AT THIS TIME

JANUARY ANNOUNCEMENTS

- ◆ We have added an additional class with Marla at 9:45am. It will be important for everyone to exit the pool quickly so the next class can begin on time.
- ◆ Also, please note the time change for the Water Walking class to 11:00am.
- ◆ You will continue to sign up for classes and you can only take one class per day.

WATER EXERCISE ANNOUNCEMENTS JANUARY WEST CABARRUS YMCA



- At this time we can only allow 9 participants per class in order to remain in compliance with current distancing regulations.
- As these regulations are relaxed we will allow more people to attend classes.
- Classes are by reservation only and will last 45 minutes. This will allow us 15-30 minutes to clean the pool area and for the previous class to move out of the building.
- You are required to sign up for a class on our Sign Up Genius link which can be accessed through our website or Daxko Mobile App.
- If you have problems registering, please give us a call and we will be glad to help. DO NOT show up for a class unless you know you have a reservation.
- Please do not come onto the pool deck more than 10 minutes before class. We will check you in upon arrival.
- Be sure to remember the 6' rule for social distancing. During class there will be a 10' distancing requirement.
- Locker room showers are available. Please use every other shower to comply with social distancing guidelines.
- The rain shower on the deck next to the hot tub can be used to rinse off before and after class.
- Please check the schedule as our class offerings have changed.
- We are excited to offer classes and are so thankful for you, our members. It's our pleasure to serve you.

**WE ENCOURAGE ALL PARTICIPANTS TO WEAR WATER SHOES AND BRING A BOTTLE OF WATER TO CLASS
YOU ARE WELCOME TO BRING YOUR OWN NOODLE IF YOU WISH**

QUESTIONS? CONTACT

DeeDee Ford
Water Exercise Coordinator
jford@roocabymca.org
704.795.9622 x220

WATER CLASS DESCRIPTIONS

> PARTICIPANTS SHOULD ALWAYS EXERCISE AT THEIR OWN LEVEL AND PACE.

> TALK TO YOUR INSTRUCTOR BEFORE CLASS TO DISCUSS ANY SPECIAL ISSUES YOU MAY HAVE.

POWER PLUNGE: (All Levels)

- ◆ A medium impact, moderate intensity exercise program.
- ◆ A total body workout that includes cardiovascular conditioning, muscle toning, abdominal exercises and stretching.

WATER WALKING: (Level 1)

- ◆ New participants learn basic water exercise moves which serve as a foundation for all water fitness classes.
- ◆ The combination of aerobic, strengthening and stretching exercises offer both balance, comfort and challenge.
- ◆ This class is highly recommended for new water exercisers, individuals with special conditions, post rehab and pregnant women.

AQUA DETERMINATION: (Level 3)

- ◆ Medium to high impact, high intensity aerobic conditioning class.
- ◆ Employs buoyant equipment, dumbbells and other apparatus to combine cardiovascular training, total body conditioning and core strengthening.