



Decatur County Family YMCA Aquatics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	6:15 am - 8:00 am Lap Hour	6:15 am - 8:00 am Lap Hour	6:15 am - 8:00 am Lap Hour	6:15 am - 8:00 am Lap Hour	6:15 am - 8:00 am Lap Hour	
8:00						
9:00	9:00 am - 9:45 am Aquafit Waterworks	9:00 am - 9:45 am Aqua Arthritis	9:00 am - 9:45 am Aquafit Waterworks	9:00 am - 9:45 am Aqua Arthritis	9:00 am - 9:45 am Aquafit Waterworks	9:30 am - 11:30 am Various 30 min Swim Lesson Classes. See page 8 of Program Guide for more details
10:00						
11:00	Preschool Swim	Preschool Swim	Preschool Swim	Preschool Swim		
1:00					Lap Hour	
2:00	Preschool Swim	Preschool Swim	Preschool Swim	Preschool Swim		
3:00						
4:00		3:30 pm - 4:15 pm After School Swim	3:30 pm - 4:15 pm After School Swim			
5:00	4:30 pm - 5:30 pm Aqua 1/2 & 1/2		4:30 pm - 5:30 pm Aqua 1/2 & 1/2		4:30 pm - 5:30 pm Aqua 1/2 & 1/2	
6:00	6:00 pm - 7:00 pm AquaDANCE	6:00 pm - 7:00 pm Aqua Total Body Blast		6:00 pm - 7:00 pm Aqua Total Body Blast		
7:00						

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Class Descriptions:

Lap Hour: It's a great start to your day! Swim laps in the pool during our "Lap Hour" and get an awesome cardio workout in without the compaction on the joints!

Aqua Total Body Blast: An exhilarating hour of over-the-top fitness exercises in the water. We will use continuous multiple movements to increase your heart rate and keep you moving.

AquaDANCE: A medium to high-intensity class designed to get your heart rate up and your body moving. Combines dance moves to a mixture of fun, up-beat music. Class utilizes noodles, barbells, and both shallow and deep ends of the pool.

Aqua Arthritis: Age 18+ This shallow water class is for participants with arthritis, fibromyalgia, or physical injuries.

1/2 AND 1/2: Age 18+ This class utilizes various equipment to tone upper & lower body, as well as abs & lower back.

Aquafit Waterworks: Age 18+ Shallow water class that utilizes a variety of cardiovascular exercises to get your blood pumping.