



Decatur County Family YMCA Aquatics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	[Teal bar]					
8:00						
9:00	[Green bar]	[Blue bar]	[Green bar]	[Blue bar]	[Green bar]	[Teal bar]
10:00	POOL is undergoing a renovation and will be closed from Saturday, September 1st through Sunday, September 23rd. Please feel free to use Southeastern Indiana YMCA during this time for all your aquatics needs. We will reopen on Monday, September 24th at 6:00 am.					
11:00						
1:00						
2:00						
3:00						
4:00						
5:00						
6:00	[Dark teal bar]	[Teal bar]		[Teal bar]		
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.

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