



# Decatur County Family YMCA Aquatics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	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						
12:00						
1:00	12:00 pm – 3:00 pm Winter Break Camp Swim Dec 20 – Jan 2					
2:00						
3:00						
4:00						
5:00						
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 Arthritis:** Age 18+  
This shallow water class is for participants with arthritis, fibromyalgia, or physical injuries.

**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.

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

**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.