

MATTOON AREA FAMILY YMCA

Water Fitness Class Description & Intensity Rates

WATER AEROBICS (L/M/H)

Use the natural resistance of the water to increase muscle tone and improve your fitness level without the stress and impact on the joints. This class may use equipment such as water noodles, water dumbbells, and kickboards.

M-F (8:15-9:00 a.m.), T/TH (5:45-6:45 p.m.), SAT (9:00-10:00 a.m.)

GENTLE JOINTS (L)

Gentle water exercises for easing arthritic and Fibromyalgia discomforts, while improving joint mobility, increasing muscle tone, and enhancing circulation.

M/W/F (9:45-10:45 a.m.)

WATER VOLLEYBALL (L/M)

Join in the fun for a non-competitive game of water volleyball after weekday water aerobics class. No instructor.

M/W (9:00-9:45 a.m.), T/TH (9:00-10:00 a.m.)

AQUA ZUMBA® (M/H)

Jump into the Latin-inspired, easy-to-follow, calorie-burning, dance fitness party™ that makes working out a splash. No need to register, but you must purchase your 10 class punch card to participate. (In case of instructor's absence, aqua aerobics will be substituted and no punch will be taken.)

M/W (5:45-6:45 p.m.), FRI (9:00-9:45 a.m.)

Fee: \$12.50 member

\$37.50 non-members

PRIME TIME (L/M)

A mature adult's water exercise program designed to improve muscle tone and elevate the heart rate to a level that will improve your cardiovascular system.

M/W/F (10:45-11:45 a.m.)

LAP SWIM OR WATER WALKING

Lap swim and water walk for another alternative to water exercise. Check the pool schedule for additional lap swim times. Please circle swim to allow more swimmers per lane. A lap swim lane, as well as water walking, is open during all water aerobics classes, open swims, and family swims. Water walkers please leave the lap lane if a lap swimmer enters to swim, you may walk on the other side of the rope. Please share your walking lane with other walkers.

M-F (6:00-8:15 a.m.), M-SAT (11:45 a.m. -1:15 p.m.),

SAT (8:00- 9:00 a.m.), SUN (1:15- 2:15p.m.)

INTENSITY CHART

LOW (L) – Heart rates will remain low but will increase above resting.
MODERATE (M)–Heart rates will increase above walking level.
HIGH (H) – Hearts rates will increase to higher training levels.

Intensity often depends on how hard you choose to work

Pool Rules

The lifeguard has complete authority over the pool area. Please respect the request of the lifeguard on safety related issues. They are for everyone's safety. Please inform the lifeguard of any injuries or safety issues.

3 Whistles means EMERGENCY!!

Please exit pool slowly and go to the locker room.

1. Please shower and remove all band-aids before entering the pool area. Patrons with open cuts or sores, rashes, communicable diseases, or a mild case of diarrhea are not permitted.
2. Bathing suits are required. Cut offs and t-shirts are not permitted. Use restroom facilities and do not put bodily fluids into the pool. i.e. phlegm. Children not potty trained must wear a swim diaper and exit pool if diaper becomes soiled.
3. **NO**
 - **DIVING** anywhere in pool
 - **RUNNING** on pool deck or in locker rooms
 - **ROUGH PLAY** i.e. dunking, splashing, chicken fights
 - **BREATH HOLDING** activities
 - **HANGING** on the diving blocks or lane lines
 - **EATING, DRINKING, OR GUM** in the pool area (except for bottled water).
4. Kids with floatation devices (except life jacket) must be within an arms length of a parent/guardian. We strongly discourage use of water wings. Floatation devices (Noodles, balls, etc.) are not allowed in the deep end.
5. Children must pass a swim test in order to use the deep end of the pool.
6. Water aerobics equipment is for adult use only. Kickboards and pull buoys are for lap swimmers only. Only 1 noodle per person. Do not slap water or people with noodle. Do not blow water through noodles.

Any child under the age of 10 must always be supervised by an adult.

Any child who must wear a lifejacket or is under 4 ft tall, must be accompanied by an adult in the pool.

For your safety: In case of lightning or thunder, the pool must close.

The pool will re-open 30 minutes after the last thunder/lightning

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