

WATER FITNESS

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am - 9:00am Deep Water Fitness Holly	8:15am - 9:00am Deep Water Fitness Holly	8:15am - 9:00am Deep Water Fitness Holly	8:15am - 9:00am Deep Water Fitness Holly	8:15am - 9:00am Deep Water Fitness Holly	
9:00am - 10:00am Water Step Aerobics Holly	No class	9:00am - 10:00am Water Step Aerobics Holly	No class	9:00am - 10:00am Water Step Aerobics Holly	
11:00am - 11:45am Sassy Seniors Michelle	11:00am - 11:45am Sassy Seniors Michelle	11:00am - 11:45am Sassy Seniors Michelle	11:00am - 11:45am Sassy Seniors Michelle	11:00am - 11:45am Sassy Seniors Michelle	
5:00pm - 6:00pm Shallow Water Fitness Rikkie	No class	5:00pm - 6:00pm Aqua Zumba Ellen	No class	5:00pm - 6:00pm Aqua Zumba Tena	
<u>Lap Swimming</u> 6:00am-8:00am 8:15am-10:00am 12:00pm-2:00pm 4:30pm-6:30pm	<u>Lap Swimming</u> 6:00am-8:00am 8:15am-10:00am 12:00pm-2:00pm	<u>Lap Swimming</u> 6:00am-8:00am 8:15am-10:00am 12:00pm-2:00pm 4:30pm-6:30pm	<u>Lap Swimming</u> 6:00am-8:00am 8:15am-10:00am 12:00pm-2:00pm	<u>Lap Swimming</u> 6:00am-8:00am 8:15am-10:00am 12:00pm-2:00pm 4:30pm-6:30pm	<u>Lap Swimming</u> 8:30am-11:30am

The temperature of the swimming pool is 84°

Deep Water Fitness

Participants wear aqua jogger belts and use water weights to get a full body and cardiovascular workout.

Sassy Seniors

Low intensity water fitness offers a wonderful social aspect and includes stretching, flexibility, and toning exercises.

Shallow Water Fitness

Stimulating full body exercise using water resistance to achieve a vigorous workout.

Water Step Aerobics

Low impact step aerobics using a step and water resistance for a full body workout.

Aqua Zumba

Has the passion, music, and Latin dance steps of ZUMBA. This energetic, low impact workout is easy on the joints.

Lap Swimming

One of the best non-impact work-outs. Only one person or family unit per lap lane for now. Sharing lanes will come later.



Check the pool map on back →

Rogue Valley Family YMCA Pool Schedule

November 2020

Monday

6:00-6:30	Water Vets	Lap Swim
6:30-7:00		
7:00-7:30		
7:30-8:00		
8:15-8:30	Deep Water Fitness	Lap Swim
8:30-9:00	Water Step Aerobics	
9:00-9:30		
9:30-10:00		
10:00-10:30	CLOSED for cleaning	
10:30-11:00		
11:00-11:30	Sassy Seniors	
11:30-11:45		
12:00-12:30	Lap Swim	
12:30-1:00		
1:00-1:30		
1:30-2:00		
2:00-2:30	RESERVED for cleaning, youth programs, training, etc.	
2:30-3:00		
3:00-3:30		
3:30-4:00		
4:00-4:30	Lap Swim	Lap Swim
4:30-5:00	Shallow Water Fitness	
5:00-5:30		
5:30-6:00	Lap Swim	
6:00-6:30	CLOSED	
6:30-7:00	CLOSED	

Tuesday

Water Vets	Lap Swim
Deep Water Fitness	Lap Swim
Lap Swim	
CLOSED for cleaning	
Sassy Seniors	
Lap Swim	
RESERVED for cleaning, youth programs, training, etc.	
Swim Lessons	
CLOSED	

Wednesday

Water Vets	Lap Swim
Deep Water Fitness	Lap Swim
Water Step Aerobics	
CLOSED for cleaning	
Sassy Seniors	
Lap Swim	
RESERVED for cleaning, youth programs, training, etc.	
Lap Swim	Lap Swim
Aqua Zumba	
Lap Swim	
CLOSED	

Thursday

Water Vets	Lap Swim
Deep Water Fitness	Lap Swim
Lap Swim	
CLOSED for cleaning	
Sassy Seniors	
Lap Swim	
RESERVED for cleaning, youth programs, training, etc.	
Swim Lessons	
CLOSED	

Friday

Water Vets	Lap Swim
Deep Water Fitness	Lap Swim
Water Step Aerobics	
CLOSED for cleaning	
Sassy Seniors	
Lap Swim	
RESERVED for cleaning, youth programs, training, etc.	
Lap Swim	Lap Swim
Aqua Zumba	
Lap Swim	
CLOSED	

Saturday

The facility is open Saturdays from 8am to 12pm.

CLOSED	
Water Walking	Lap Swim
CLOSED	

- Notes:**
1. This schedule is for the main pool. The therapy pool will remain closed for now.
 2. Please come dressed ready to enter the pool as the locker rooms are closed. Toilets and sinks are available.
 3. Only one person or household unit per lap lane for now. Sharing lanes will come later.
 4. Return used equipment to the storage bin for cleaning.
 5. Sometimes the pool is divided into two parts, one with lap lanes and one without.
 6. Water Vets is a private veteran group using the pool for exercise.