

WATER FITNESS

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
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 Shallow Water Fitness Holly	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

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

September 2020

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6:00-6:30	Water Vets	Lap Swim	Water Vets	Lap Swim	Water Vets	Lap Swim	<p>CLOSED</p> <p>The YMCA facility is currently closed on Saturdays but we will add this back in the weeks ahead.</p> <p>In addition, we will extend the hours and add back more fitness classes, rec swim, family swim, and pool rentals in the weeks ahead when allowed.</p>
6:30-7:00							
7:00-7:30							
7:30-8:00							
8:15-8:30	Deep Water Fitness	Lap Swim	Deep Water Fitness	Lap Swim	Deep Water Fitness	Lap Swim	
8:30-9:00							
9:00-9:30	Water Step Aerobics	Lap Swim	Water Step Aerobics	Lap Swim	Water Step Aerobics	Lap Swim	
9:30-10:00							
10:00-10:30	CLOSED for cleaning		CLOSED for cleaning		CLOSED for cleaning		
10:30-11:00							
11:00-11:30	Sassy Seniors		Sassy Seniors		Sassy Seniors		
11:30-11:45							
12:00-12:30							
12:30-1:00	Lap Swim		Lap Swim		Lap Swim		
1:00-1:30							
1:30-2:00							
2:00-2:30							
2:30-3:00	RESERVED for cleaning, youth programs, training, etc.		RESERVED for cleaning, youth programs, training, etc.		RESERVED for cleaning, youth programs, training, etc.		
3:00-3:30							
3:30-4:00							
4:00-4:30							
4:30-5:00	Lap Swim		Lap Swim		Lap Swim		
5:00-5:30	Shallow Water Fitness	Lap Swim	Shallow Water Fitness	Lap Swim	Aqua Zumba	Lap Swim	
5:30-6:00							
6:00-6:30	Lap Swim		Lap Swim		Lap Swim		
6:30-7:00	CLOSED		CLOSED		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.