

Y WATER FITNESS™

CRESCENTA-CAÑADA FAMILY YMCA FALL 2010 SCHEDULE

| Time | Mon | Tue | Wed | Thurs | Fri | Sat |
|----------------------|---|---|--|---|--|-----------------|
| 5:45 am to 6:45 am | Water Fitness | | Water Fitness | | Water Fitness | |
| 9:00 am to 10:00 am | Adv. Deep Water (Abs) AFYAP (Twinges Plus) Functional Fitness | Adv. Deep Water (Upper Body) | Adv. Deep Water (Low Back) AFYAP (Twinges Plus) Functional Fitness | Adv. Deep Water (Abs) | Adv. Deep Water (Low Back) AFYAP (Twinges Plus) Functional Fitness | Adv. Deep Water |
| 9:30 am to 10:00 am | | Water Yoga | | Water Pilates | | |
| 10:00 am to 11:00 am | Deep Water Shallow Water (E) | Deep Water Shallow Water (E) | Deep Water Shallow Water (E) | Deep Water Shallow Water (E) | Deep Water Shallow Water (E) | |
| 11:00 am to 12:00 pm | AFYAP (Twinges Plus) (E) | AFYAP (Twinges Plus) (E) | AFYAP (Twinges Plus) (E) | AFYAP (Twinges Plus) (E) | AFYAP (Twinges Plus) (E) | |
| 11:15 am to 12:00 pm | AFYAP (Twinges) (E) | AFYAP (Twinges) (E) | AFYAP (Twinges) (E) | AFYAP (Twinges) (E) | AFYAP (Twinges) (E) | |
| 1:30 pm to 2:30 pm | Deep Water/ Water Yoga Individual Water Walking | Deep Water Individual Water Walking | Deep Water Water Yoga Individual Water Walking | Deep Water Individual Water Walking | Deep Water/ Equip. Progression Individual Water Walking | |
| 6:45 pm to 7:45 pm | Adv. Deep Water | Wild Water | Adv. Deep Water | Wild Water | | |

(E) Suitable for Entry Level Participants

Water Fitness Class Descriptions

Lap Swim

Swimming lengths using various strokes and various speeds. When sharing a lane, swimmers will circle if three or more are in a lane. Lanes are marked slow, medium and fast — choose the appropriate lane for your ability.

Water Walking

Moving in shallow water waist to chest deep, forward, backward, and sideward, using regular, short, quick, or long steps. Participants will walk without an instructor.

AFYAP (Twinges in the Hinges)

Beginner level shallow water exercise program designed for people suffering from arthritis and related diseases. Gentle movements concentrating on range of motion and flexibility are done in the warm water teaching pool. .

AFYAP (Twinges Plus)

Advanced Beginner level shallow water exercise program designed for people with arthritis and related diseases. This program includes an endurance component and also activities designed to promote musculoskeletal flexibility and strength.

Shallow Water Workout

Intermediate water exercise program with full body rhythmic exercises conducted in shallow water designed to provide overall flexibility, strength and cardiovascular benefits.

Water Fit

Advanced shallow water exercise program designed to strengthen, firm and sculpt muscles by using the resistance of the water and/or water exercise equipment and to develop cardiovascular endurance. Includes floatation exercises in deep water.

Advanced Deep Water

Advanced deep water exercise program. Various running styles, drills and methods are used to isolate various body parts. Flotation belts and devices are used as well as interval training. Participants need to be swimmers.

Deep Water Workout

Intermediate level water exercise program with slow medium and/or fast paced exercises in water depth where the feet do not touch the bottom of the pool. Flotation belts and devices are used. Participants need to be swimmers.

Prenatal/Postnatal

The support of the water makes the aquatic environment an ideal medium for exercise during pregnancy. The workouts emphasize strengthening, posture, stretching, balance activities, breathing and relaxation. Deep water and shallow water segments are part of this program.

Functional Fitness

Activities include movements used in daily living, such as walking, lifting, raking, climbing stairs, etc.

Water Yoga

An aquatic yoga class that strengthens and stretches the body. Yoga poses are adapted for the water in a continuum of flowing and static poses while breathing deeply.

Water Pilates

Muscle conditioning while simultaneously strengthening and stretching elongated muscles. Exercises are performed in shallow and deep water.

PACE

(People With Arthritis Can Exercise)

This program includes accommodations for individual limitations and does not encourage activities that might aggravate arthritis symptoms. It is a program that allows participants to stand or sit during the workout so that it is low impact or non-impact done in the gym to instrumental music. Scarves, wands, plates, streamers and balloons are alternated activities that enhance the workouts. A relaxation exercise concludes each workout. Sanctioned by the Arthritis Foundation.

Wild Water

High intensity aerobics, water boot camp, water kickboxing, jump training, strength building with equipment.