



GROUP WATER EXERCISE SCHEDULE

ANDOVER YMCA
PHONE: 763-230-9622

June 7 - September 12, 2010

Facility Hours

Monday - Friday 5:00am- 10:00pm
Saturday 7:00am-10:00pm
Sunday 8:00am-9:00pm

Kids Stuff Hours

Monday - Thursday 8:00am- 8:00pm
Friday 8:00am-7:00pm
Saturday 8:00am-2:00pm
Sunday 9:00am-1:00pm & 3:00pm-7:00pm

Lap=Lap Pool Leisure=Leisure Pool
Bold = New classes

Ages 10-14 must have an adult with them to participate in the class. This is up to the teachers discretion.

Monday				Thursday			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
6:15	7:15 am Water X Power	Lap	Sandi	6:15	7:15 am Water X Power	Lap	Sandi
8:30	9:25 am Water X Power	Lap	Sandi	9:30	10:30 am Water X Power	Lap	Meghan
9:30	10:25 am AOA Water X	Lap	Cheryl S	11:15	Noon am AOA Water X	Lap	Cheryl K
10:30	11:25 am SilverSneakers® SilverSplash	Lap	Cheryl K				
11:30	12:25 pm Arthritis Water X	Lap	Cheryl S				

Tuesday				Friday			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
6:15	7:15 am Water X Power	Lap	Sandi	8:30	9:25 am Water X Power	Lap	Sandi
9:30	10:25 am Water X Power	Lap	Sandi	9:30	10:25 am AOA Water X	Lap	Cheryl S
11:15	Noon am AOA Water X	Lap	Cheryl K	10:30	11:15 am SilverSneakers® SilverSplash	Lap	Kerry
				11:30	12:25 pm Arthritis Water X	Lap	Kerry

Wednesday				Saturday			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
8:30	9:25 am Water X Power	Lap	Sandi	7:45	8:45 am Water X Power	Lap	Sandi
9:30	10:25 am AOA Water X	Lap	Cheryl S				
10:30	11:25 am Water X	Lap	Kerry				
11:30	12:25 pm Arthritis Water X	Lap	Kerry				

Cardiovascular Classes

Level	Equipment Used	Components
All	Buoyancy & resistive equipment	Warm-up, cardio, muscle conditioning, flexibility, warm down
IA	Buoyancy & resistive equipment	Warm-up, athletic cardio, muscle conditioning, flexibility, warm down
All	Buoyancy, flotation & resistive equipment	Warm-up, cardio, muscle conditioning, flexibility, warm down
IA	Buoyancy, flotation & resistive equipment	Warm-up, athletic cardio, muscle conditioning, flexibility, warm down
All	Buoyancy & resistive equipment	Warm-up, cardio, muscle conditioning, flexibility, warm down
IA	Buoyancy & resistive equipment	Warm-up, athletic cardio, muscle conditioning, flexibility, warm down

Specialty Classes

Level	Equipment Used	Components
All	Flotation equipment	Movement, form, balance, posture and range of motion focusing on joints
All	Buoyancy, flotation & resistive equipment	Warm-up, Aerobic movement, strength, balance, flexibility, warm down
All	Buoyancy & resistive equipment	Warm-up, stretching, range of motion, flexibility, warm down, relaxation
All	Buoyancy, flotation & resistive equipment	Warm-up, cardio, muscle conditioning, warm down

Active Older Adult Classes

Level	Equipment Used	Components
All	Buoyancy & resistive equipment	Warm-up, cardio, muscle conditioning, flexibility, warm down
All	Buoyancy & resistive equipment	Warm-up, cardio, range of motion exercises, muscle conditioning & flexibility

Youth/Family Classes

Level	Equipment Used	Components
All	Variety of Equipment	Warm-up, fitness games, warm down
All	Variety of Equipment	Warm-up, fitness games, warm down

Notes

Hybrid Class: A combination of 2 or more classes in one hour.

Levels: **B**=Beginner **BI**=Beginner to Intermediate **IA**=Intermediate to Advanced

? Limited Class Size