



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# WATER CLASSES SCHEDULE

Effective January 2, 2018

TIME	CLASS	INSTRUCTOR	LOCATION	
<b>MONDAY</b>				
AM	8:00-9:00	Gentle Moves	Tish	Indoor Pool
	9:00-10:00	Cardio Splash	Lesley	Indoor Pool
	10:00-11:00	Aqua Deep	Lesley	Indoor Pool
PM	6:30-7:30	Aqua Zumba	Monica	Indoor Pool
<b>TUESDAY</b>				
AM	9:00-10:00	Cardio Splash	Lesley	Indoor Pool
<b>WEDNESDAY</b>				
AM	8:00-9:00	Gentle Moves	Tish	Indoor Pool
	9:00-10:00	Cardio Splash	Tish	Indoor Pool
	10:00-11:00	Aqua Deep	Sherri	Indoor Pool
PM	6:30-7:30	Aqua Zumba	Sam	Indoor Pool
<b>THURSDAY</b>				
AM	9:00-10:00	Cardio Splash	Sara	Indoor Pool
<b>FRIDAY</b>				
AM	8:00-9:00	Gentle Moves	Sherri	Indoor Pool
	9:00-10:00	Cardio Splash	Sherri	Indoor Pool
	10:00-11:00	Aqua Deep	Debbie	Indoor Pool

## CLASS DESCRIPTION

**AQUA DEEP** Cardio workout in the deep water is the perfect environment for building muscular strength and endurance with no joint impact. Appropriate for all fitness levels and ages. Flotation belts are available.

**AQUA ZUMBA®** A "pool party" workout for all ages. Safe, effective and challenging water-based workout integrates the Zumba® formula and philosophy into traditional aqua fitness disciplines.

**CARDIO SPLASH** Using high and low impact moves in the shallow water to improve cardiovascular fitness, strength, and flexibility. A great overall workout using the properties of water. Appropriate for all ages and fitness levels.

**GENTLE MOVES** This class is open to anyone looking for a fun time and who wants to feel better. Focus on balance training, gait training, and strength training without any bouncing on the pool floor. Exercises will be active but joint-friendly.

**The YMCA retains the right to change or cancel any classes or instructors.**

### YMCA AT SCHILLING FARMS

1185 Schilling Farms Blvd. E, Collierville TN 38017

P 901 850 9622 F 901 850 9122 ymcamemphis.org



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# INDOOR POOL WINTER SCHEDULE

Effective January 2, 2018

## MONDAY

Lap Swim – 2 lanes	5:00 AM to 4:00 PM
Gentle Moves	8:00 AM to 9:00 AM
Cardio Splash	9:00 AM to 10:00 AM
Aqua Deep	10:00 AM to 11:00 AM
Recreational Swim	11:00 AM to 4:00 PM
Collierville Swim Team* - 5 lanes	4:00 PM to 6:00 PM
Lap Swim – 2 lanes	6:00 PM to 8:45 PM
Aqua Zumba	6:30 PM to 7:30 PM
Recreational Swim	7:30 PM to 8:45 PM

## TUESDAY

Lap Swim – 2 lanes	5:00 AM to 10:00 AM
Cardio Splash	9:00 AM to 10:00 AM
Adult Swim Technique Training-4 lanes \$	10:00 AM to 11:00 AM
Lap Swim – 2 lanes	11:00 AM to 6:30 PM
Recreational Swim	11:00 AM to 5:30 PM
Swim Lessons \$- 1 or 2 lanes	5:30 PM to 7:30 PM
Lap Swim – 2 lanes	7:30 PM to 8:45 PM
Recreational Swim	7:30 PM to 8:45 PM

## WEDNESDAY

Lap Swim – 2 lanes	5:00 AM to 4:00 PM
Gentle Moves	8:00 AM to 9:00 AM
Cardio Splash	9:00 AM to 10:00 AM
Aqua Deep	10:00 AM to 11:00 AM
Swim Lessons \$	10:30 AM to 11:00 AM
Recreational Swim	11:00 AM to 4:00 PM
Collierville Swim Team* - 5 lanes	4:00 PM to 6:15 PM
Lap Swim – 2 lanes	6:00 PM to 8:45 PM
Aqua Zumba	6:30 PM to 7:30 PM
Recreational Swim	7:30 PM to 8:45 PM

## THURSDAY

Lap Swim – 2 lanes	5:00 AM to 10:00 AM
Cardio Splash	9:00 AM to 10:00 AM
Adult Swim Technique Training-4 lanes \$	10:00 AM to 11:00 AM
Lap Swim – 2 lanes	11:00 AM to 6:30 PM
Recreational Swim	11:00 AM to 5:30 PM
Swim Lessons \$-1 or 2 lanes	5:30 PM to 7:30 PM
Lap Swim – 2 lanes	7:30 PM to 8:45 PM
Recreational Swim	7:30 PM to 8:45 PM

## FRIDAY

Lap Swim – 2 lanes	5:00 AM to 4:00 PM
Gentle Moves	8:00 AM to 9:00 AM
Cardio Splash	9:00 AM to 10:00 AM
Aqua Deep	10:00 AM to 11:00 AM
Recreational Swim	11:00 AM – 4:00 PM
Collierville Swim Team* – 5 lanes	4:00 PM to 6:00 PM
Lap Swim – 2 lanes	6:00 PM to 8:45 PM
Recreational Swim	6:00 PM to 8:45 PM

## SATURDAY

Lap Swim – 2 lanes	7:00 AM to 8:00 AM
Collierville Swim Team* - 5 lanes	8:00 AM to 10:00 AM
Lap Swim – 2 lanes	10:00 AM to 5:45 PM
Recreational Swim	10:00 AM to 5:45 PM

## SUNDAY

Recreational Swim	1:00 PM to 5:45 PM
Lap Swim – 2 lanes	1:00 PM to 5:45 PM

## POOL INFORMATION

- Please shower before entering pool.
- Times and number of lap lanes available is subject to change.
- When only one lap lane is available, share lane by circle swimming.
- Children under 16 years are required to take a swim test.
- Children under 16 are NOT allowed in sauna or steam room or whirlpool.
- When ground lightning strikes within 6 miles, and/or thunder is heard, both pools and decks will be closed.
- The Indoor Pool temperature varies between 83 and 85 degrees F.
- Aerobic classes with 15 or more participants will use 4 lanes.
- Absolutely no recreational swimming during water aerobics classes or swimming lessons.
- \* All Collierville Swim Team participants are YMCA members.
- Children 12 and under must be accompanied by an adult.

\$ Fee Required

The Indoor Pool is 25 yards long.

35 laps or 70 pool lengths equals 1 mile.

### YMCA AT SCHILLING FARMS

1185 Schilling Farms Blvd. E, Collierville TN 38017

P 901 850 9622 F 901 850 9122 ymcamemphis.org