

| WATER EXERCISE CLASSES |  |                                  |                                     |                            |                                     |                        |                       |
|------------------------|--|----------------------------------|-------------------------------------|----------------------------|-------------------------------------|------------------------|-----------------------|
|                        | MONDAY                                       | TUESDAY                          | WEDNESDAY                           | THURSDAY                   | FRIDAY                              | SATURDAY               | SUNDAY                |
| 7:00am-8:00am          | Sliver Sneakers®<br>Splash<br>Carol          |                                  | Sliver Sneakers®<br>Splash<br>Carol |                            | Sliver Sneakers®<br>Splash<br>Carol |                        |                       |
| 8:00am-9:00am          | Aqua Fit<br>Becca                            | Aqua Fit<br>Becca                | Water Volleyball<br>Carol           | Stretch and<br>Flex Jo     | H2O Cardio<br>Becca                 |                        |                       |
| 9:00am-10:00am         | H2O Cardio<br>Jo                             | H2O Cardio<br>Mindy              | Water Volleyball<br>Free Play       | H2O Cardio<br>Jo           | Aqua Fit<br>Becca                   | H2O Cardio<br>Jo       |                       |
| 10:00am-11:00am        | Arthritis Aerobics<br>June                   | Aqua<br>Zumba®<br>Monica         | Aqua Zumba®<br>Monica (10:30a)      | Aqua Zumba®<br>Monica      | Arthritis Aerobics<br>June          | Aqua Blast<br>Gariella |                       |
| 11:00am-12:00pm        | Kick'in With Keel<br>April 29 11a-<br>12:30p | Deep Water<br>Aerobics<br>Monica |                                     | Aqua Blast<br>Gariella     |                                     |                        |                       |
| 12:00pm-1:00pm         |  |                                  | Arthritis<br>Aerobics June          |                            |                                     |                        |                       |
| 1:30pm – 2:30pm        | Arthritis Aerobics<br>June                   |                                  | Arthritis Aerobics<br>June          |                            | Arthritis<br>Aerobics June          |                        |                       |
| 2:00pm-3:00pm          |  |                                  |                                     |                            |                                     |                        | Aqua Zumba<br>Jessica |
| 3:45pm-4:4pm           |  | Arthritis<br>Aerobics June       |                                     | Arthritis<br>Aerobics June |                                     |                        |                       |
| 6:00pm-7:00pm          | H2O Cardio<br>Jo                             | Aqua<br>Zumba®<br>Monica         |                                     | Aqua Zumba®<br>Monica      |                                     |                        |                       |

**Aqua Fit**—brings the principal of Pilates to the warm water pool. Slow moving, stretching, toning, and working the core muscles.

**Aqua Zumba®** is a fusion of Latin and International Cardio in the water that creates a dynamic and exciting workout.

**H2O Workout**— Forget about your stressful day when working hard in this class.

**Sliver Sneakers® Splash** activates your aqua urge with a variety of shallow water moves to improve agility, flexibility, and cardiovascular endurance.

**Water Volleyball**— Have fun and workout at the same time. This activity helps improve endurance, hand eye coordination, and team skills with a focus on the core muscles from the laughing with friends!

**Aqua Blast**—The class alternates between high intensity and low intensity workout. It includes a warm up, cardio, and strength training exercises using water weights, noodles, and waterboards and wrapping it all up with a cool down. No swimming experience is necessary. You can work at your own pace & modify movements for yourself.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OLIVE BRANCH FAMILY YMCA

APRIL 2019

| Swim Schedule |           |           |           |           |           |   |           |
|---------------|-----------|-----------|-----------|-----------|-----------|---|-----------|
|               | MONDAY    | TUESDAY   | WEDNESDAY | THURSDAY  | FRIDAY    | SATURDAY                                | SUNDAY    |
| 5:00a         | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim<br>7:00a                      |           |
| 5:30a         |           |           |           |           |           |   |           |
| 6:00a         |           |           |           |           |           |   |           |
| 6:30a         |           |           |           |           |           |   |           |
| 8:00a         |           |           |           |           |           |   |           |
| 9:00a         | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Electric Eels<br>Swim Team<br>(3 Lanes) |           |
| 10:00a        |           |           |           |           |           |   |           |
| 11:00a        |           |           |           |           |           |   |           |
| 12:00p        |           |           |           |           |           |   |           |
| 1:00p         |           |           |           |           |           |   |           |
| 2:00p         | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim                               | Open Swim |
| 3:00p         |           |           |           |           |           |   |           |
| 4:00p         |           |           |           |           |           |   |           |
| 4:30p         |           |           |           |           |           |   |           |
| 5:00p         |           |           |           |           |           |   |           |
| 6:00p         | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim                               | Open Swim |
| 7:00p         |           |           |           |           |           |   |           |
| 8:00p         |           |           |           |           |           |   |           |
| 8:30p         |           |           |           |           |           |   |           |
| 9:00p         |           |           |           |           |           |   |           |

*Open Swim Times  
(at least one lane open)*  
Lanes are subject to change for special events.

**April Swim Lessons**  
Register for Winter/Spring lessons at the welcome center

Have feedback for us? Fill out a comment card or email James, Operations Director.  
jcorrigan@ymcamemphis.org  
We value your membership to the OB Y!

- Open Swim
- Swim Team/Swim
- Lessons
- YMCA Closed