

AQUA EXERCISE

Water Exercise is increasing in popularity among the fit and not-so-fit due to its low-impact, yet high resistance nature. Water exercise is a great cardiovascular exercise as well as strengthener and works all parts of the body including the core.

CLASS DESCRIPTIONS

MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both.

AQUA EXERCISE (Aqua X) - Increase strength, flexibility, and aerobic capacity in the water.

Water Arthrocize - A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints.

Deep Water X - Blend of moderate intensity cardio, core, and muscle toning class. Incorporating a variety of equipment for resistance.

Paddleboard - - High intensity cardio, core and muscle toning class incorporating a paddleboard to keep muscles fully engaged during workout.

Water Walking & Lap Swim Information

WATER WALKING (WW) - One of the most low-impact, yet resistant form of exercise. Non-instructed, walk at your own pace. Use the Vortex area for more resistance walking.

LAP SWIM - Unless stated otherwise there will be 6 lap lanes available for use throughout the day. Great for building up endurance without impact on the joints.

Visit us on the web at www.sheridanymca.org or call **307-674-7488**
Sheridan County YMCA ~ 417 N. Jefferson St. ~ Sheridan, WY 82801

ADDITIONAL POOL INFO

Special Pre-School

Swim Times: Parents with young children (Ages 5 and younger) are welcome to bring them to the Rec Pool during walking times only.

ASP (After School

Program): ASP does not always use pool during scheduled times. Members are welcome **Water Walk** during those times but may have kids from ASP in water at same time if they do come to pool.

Swim Policy:

Children under the age of 8 must be accompanied by an adult IN the water if they do not pass the swim test. Child must have a wristband to show that they have passed the swim test to use deep water features.

Swim Test:

Swim tests will be administered daily during open swim. Speak with a lifeguard to be tested.