

AQUATICS SCHEDULE

Effective October 5, 2020

Subject to change with or without advance notice

Please, NO LAP SWIM OR OPEN SWIM while AQUA classes and Swim Lessons are being held. For lap swim, 1 to 2 lanes may be made available, unless otherwise noted. For current news and schedule changes, please follow our Facebook page (Magic Valley YMCA). Participants must be 12 years and older to participate in Water Fitness classes.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Open / Lap Swim					POOL CLOSED	POOL CLOSED
8:30 AM	Hyrdo Blast (Candi)	Aqua Blast (Candi)	Hyrdo Blast (Candi)	Aqua Blast (Candi)	Hyrdo Blast (Candi)		
9:30 AM		Silver Splash		Silver Splash			
10:30 AM - 12:00 PM	Open / Lap Swim						
12:00 PM	POOL CLOSED						
3:30 PM	Afterschool Program		Afterschool Program		Afterschool Program		
4:30 PM	Open / Lap Swim	Swim School Only	Open / Lap Swim	Swim School Only	Open / Lap Swim		
5:30 PM	Aqua Blast (Candi)		Aqua Blast (Candi)		Aqua Blast (Candi)		
6:15 PM	Family Swim		Family Swim		Family Swim		
7:30 PM							



YMCA AQUATIC PROGRAM DESCRIPTIONS

(participants must be 12 years of age and older unless otherwise noted)

Y water classes? Water exercise offers 12 times the resistance of land-based classes, yet placing 10% to 50% less stress and strain on your body and joints. Benefits include increased endurance, strength, flexibility, range of motion, balance and core strength. Classes provide a challenging reduced impact option for all ages and fitness levels. An ideal way to cross-train from your high impact/hard-hitting land workouts and still get a great cardio and strength session.

Aqua Blast is a varied intensity class that combines cardio with strength building for all fitness levels. Great cardio mixed with balance, core, and muscle building segments, yet low impact on your joints, but great for strength, endurance, and burning calories. This class uses equipment and any movement can be modified to fit any fitness level.

Hydro Blast welcomes you to experience the best of cardio and strength water workout for every part of your body. Cardiovascular work, sculpting and stretching make a terrific workout without stress to the joints. Enjoy this high energy, low impact water class suited for ALL fitness levels.

SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. A special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Open / Lap Swim is scheduled time for members to use the pool for lap swim and other aquatic exercises. 1 to 2 lanes are open during Lap Swim times. Open Swim is scheduled for patrons to use the pool for a variety of different activities.

Pool Hours can be found on our website: www.ymcatf.com

**For swim lessons, please contact
Ashlee Walker
(Ashlee & John's Swim School)
(208) 329-9178**



Magic Valley YMCA