



Water Aerobics Classes 2018

WARDLE FAMILY YMCA **NOVEMBER 2018** revised 10/25/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-9:00am Power Hour LOU <i>Level 3</i>		8:00-9:00am Power Hour Combo Shallow+ Deep LOU <i>Level 3</i>		
8:45-9:45am Shallow Water Linda G. <i>Level 1</i>		8:45-9:45 am Shallow Water Linda G. <i>Level 1</i>		8:45-9:45am Shallow Water Jodi <i>Level 1</i>	9:00-10:00am Deep Water Betty <i>Level 2</i>
10:00-11:00am Combo Shallow+ Deep Water Betty <i>Level 1</i>		10:00-11:00am Combo Shallow+ Deep Water Nancy <i>Level 2</i>		10:00-11:00am Combo Shallow+ Deep Water Jodi <i>Level 2</i>	
	5:30-6:30pm Deep Water Nancy <i>Level 2</i>				

Lou Bergen Aquatics Director 843-522-9622 ext.236

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



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OUR Y WATER AEROBICS INSTRUCTORS:
Lou Bergen; Nancy Smith; Betty Landon; Linda Garlinger; Jodi Stefanick

Our Water Aerobics Classes:

SHALLOW WATER (You do not need to know how to swim)

Level 1 (very low intensity) * 8:45-9:45am Mon, Wed & Fri*

This class works all parts of the body and includes **balance, cardio, arm work, and core strengthening** for all abilities. We often begin with 10 minutes of beach ball play for warm up.

Level 2 (moderate) * 10:00-11:00am Mon, Wed & Fri- COMBO Shallow+ Deep water. Great class for a good, solid workout. Not only in shallow water, but we utilize the deep end of the pool too, for those who prefer deep water. Less impact on your joints. This class is designed to increase the heart rate and condition the whole body. It combines **cardiovascular and muscular endurance, strength, and core abdominal work**. A variety of training tools are used including noodles and water weights.

Level 3 (intense) * 8:00-9:00 am Tues. & Thurs: COMBO Shallow+ Deep water *

This is a power hour of **quick moving** water AEROBICS!

DEEP WATER

Level 2 (moderate) * 5:30-6:30pm Tues*

Level 2 (moderate) * 9:00-10:00am Sat*

The **deep-water** classes are for adults of all ages who can swim and are comfortable in deep water. A buoyancy belt is required and provided. Class concentrates on **cardio and interval training using various exercises and lengths of exercise** with short rest periods for optimum benefit.

****Please let your instructor know if you have any medical issues that might require modification of exercises. Also, if you have medical issues please get your doctor's permission before beginning any exercise program.***

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