



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH RIVER WATER EXERCISE SUMMER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15am (LP) Deep Water+		7:15am (LP) Deep Water+		7:15am (LP) Deep Water+	
9:00am (LP) Hydro Fit	9:00am (LP) Deep Water+	9:00am (LP) Hydro Fit	9:00am (LP) Deep Water+	9:00am (LP) Hydro Fit	9:00am (WP) Aqua Zumba®
10:00am (WP) Aqua Motion	10:00am (WP) Water Range of Motion	10:00am (WP) Aqua Motion	10:00am (WP) Water Range of Motion	10:00am (WP) Aqua Motion	11:45am (WP) Beginner Adult Swim Lessons*

Pool Codes:
WP: Warm Pool
LP: Lap Pool



A Note to Lap Swimmers

Through the summer, the open area of the lap pool will be reserved for private aquatic programming weekday afternoons, Wednesday mornings, & some evenings.

A minimum of 2 lanes will be available for lap swimming during programs held in the lap pool.

*Denotes fee-based program. See back for details

Class Descriptions

DEEP WATER+

This class is held in both deep water and shallow water, utilizing a combination of various water fitness exercises using weights, noodles, and balls. Float belts are used during class to increase the effectiveness of exercises while keeping your head and shoulders above water.

HYDRO FIT

This is a higher intensity class designed to help improve cardiovascular fitness, stability, strength, and flexibility by using resistance and pressures from the water that are not found in land-based exercises. This class utilizes a variety of water depths.

AQUA MOTION

This class is a low impact, full body workout which uses a combination of cardiorespiratory and muscle conditioning exercises that are designed to increase flexibility, range of motion, strength, muscle tone, and cardiovascular endurance.

AQUA ZUMBA®

Get moving in the water to some upbeat music! There is less impact on your joints in Aqua Zumba class than in land Zumba, so you can really let loose. The water creates natural resistance, which means every step is more challenging and helps tone muscles.

WATER RANGE OF MOTION

A non-cardio class designed to maintain flexibility and strengthen joints. Those dealing with arthritis, fibromyalgia, or post-therapy patients are encouraged to attend this class.

BEGINNER ADULT SWIM LESSONS

Adults ages 18+ gain comfort in the water and basic swimming skills from this fee-based class. A package of four 30-minute lessons is available for \$40 at the member rate or \$65 at the non-member rate. Registration is available at the front desk.

Questions? Email Aquatics Director Allison Dupree | adupree@ymcachattanooga.org
YMCA Healthy Living Center at North River | 423-877-3517