



FULTON FAMILY YMCA

WATER FITNESS

MARCH 2020 POOL SCHEDULE

MONDAY

- 5:30am-9:00am Adult Swim
- 9:00am-9:55am **Active Aqua Fit** w/Megan Bomgren
- 10:00am-11:00am Preschool Swim/\$*SACC 10am-11am
- 11:00am-12:00pm Open Swim
- 12:00pm-1:00pm **Water Walking**
- 4:00pm-5:00pm Adult Swim
- 5:00pm-7:00pm Open Swim
- 7:00pm-7:55pm **Aqua Aerobics** w/Sherry Eichmann

THURSDAY

- 5:30am-8:00am Adult Swim
- 8:00am-11:30am Open Swim/\$*SACC 10am-11am
- 11:30am-1:00pm **Arthritic Swim** w/Norm Hickox
- 4:00pm-5:00pm Open Swim
- 5:00pm-6:30pm \$ Swim Lessons
- 6:30pm-7:25pm **Aqua Zumba** w/Bev Aubin
- 7:30pm-8:00pm Open Swim

TUESDAY

- 5:30am-8:00am Adult Swim
- 8:00am-10:00am Open Swim
- 10:00am-11:00am Preschool Swim/\$*SACC 10am-11am
- 11:00am-11:30am Open Swim
- 11:30am-1:00pm **Arthritic Swim** w/Norm Hickox
- 4:00pm-6:30pm Open Swim
- 6:30pm-7:25pm **Aqua Zumba**
- 7:30pm-8:00pm Open Swim

FRIDAY

- 5:30am-9:00am Adult Swim
- 9:00am-9:55am **Active Aqua Fit** w/Donna Kent
- 10:00am-11:30am Open Swim/\$*SACC 10am-11am
- 11:30am-1:15pm Homeschool Swim
- 4:00pm-5:00pm Adult Swim
- 5:00pm-7:00pm Open Swim
- 7:00pm-7:55pm **Aqua Aerobics** w/Sherry Eichmann

WEDNESDAY

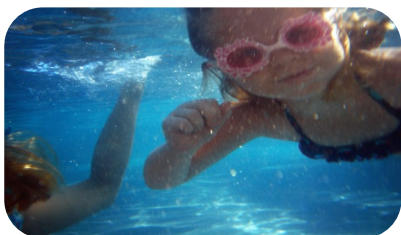
- 5:30am-9:00am Adult Swim
- 9:00am-9:55am **Active Aqua Fit** w/Megan Bomgren
- 10:00am-11:00am Preschool Swim/\$*SACC 10am-11am
- 11:00am-12:00pm Open Swim
- 12:00pm-1:00pm **Water Walking**
- 4:00pm-5:00pm Adult Swim
- 5:00pm-7:00pm Open Swim
- 7:00pm-7:55pm **Aqua Aerobics** w/Sherry Eichmann

SATURDAY

- 7:00am-8:15am Adult Swim
- 8:15am-9:10am **Aqua Fit, Movin' to the Beat!**
w/Mike Scaries
- 9:15am-12:00pm \$ Swim Lessons
- 12:00pm-1:00pm \$ **Pool Rental/ Open Swim**
- 1:00pm-2:30pm Open Swim

SUNDAY

- 9:00am-10:00am Adult Swim
- 10:00am-11:00 am Family/Open Swim
- 10:30am-11:30am \$ **Pool Rental/Open Swim**



** PUNCH CARD 12 CLASSES FOR \$65.00

\$ FEE BASED PROGRAMS—PREREGISTRATION REQUIRED * SEE REVERSE SIDE FOR DETAILS

FULTON FAMILY YMCA 715 W Broadway Fulton NY 13069 315-598-9622 www.fultonymca.com

INTENSITY LEVELS: ▲ Low Intensity ■ Low/Medium ◆ Medium/High ●

Some classes can be adjusted to a lower intensity.

**PUNCH CARD CLASSES

\$ PAID PROGRAM-PREREGISTER

▲ **Arthritic Swim:** Exercises include walking, gentle stretching, flexing, extension and range-of-motion. Exercises are done in shallow water and focus on activities of daily living, moving a joint through your range of motion and holding it to feel a gentle stretch in the muscle.

Water Walking: Instructors lead the class through a light-intensity cardio workout that consists of walking around in the water. Movements are forward, backward, and side-to-side. Different types and styles of walking movements are performed such as forward, backward, and side-to-side.

■ **Active Aqua Fit:** Active Aqua Fit utilizes the physical properties of water to enhance agility, range of motion, and cardiovascular conditioning. This class is designed for all active older adults or those who wish to start being active. It will help enhance each Individual's quality of life and daily function.

◆ **Aqua Zumba:** Classes vary each week. Your instructor will incorporate several world dance styles such as merengue, salsa, reggae, mambo, rumba, flamenco, calypso and salsa into the water fitness class. Through dance, you get a warm-up, great cardio workout and cool down in the pool.

Aqua Fit, Movin' to the Beat! Through dance, you get a warm-up, great cardio workout and cool down in the pool.

Aqua Aerobics: Water Aerobics combines a variety of techniques from land aerobics. Walking or running with the addition of Aquatics strength training equipment provide a superior resistance workout. Water reduces the risk of muscle or joint pain while toning muscles. Participants can choose the level of their workout with the help

YOUTH SWIM LESSONS

Registration is required. See the front desk for registration dates and class times. Sessions run for 6 weeks. Per session, free with a Fulton Family YMCA Family Membership, per session with a Fulton Family YMCA Youth Memberships is \$20 and per session for Non-Members is \$65.

Parents and Child (6 months-2 years old) Parent attends with child. Parent and Child water exploration for toddlers.

Preschool (3-5 years old) Introduction to the pool for preschoolers. Learn basic swimming skills while gaining confidence in the water.

Level 1 (Based on skill level) Beginning to swim on their own with assistance. Build skills and confidence in the water, learning new strokes.

Level 2 (Very comfortable in the water has passed level 1) For swimmers that are acclimated to the water, want to try new skills with encouragements, can float on stomach/back and put their face in the water.

Levels 3-6 Learning and perfecting swimming stroke techniques and skills.



POOL FACTS

- ◆ Coast Guard approved PFD's must be worn by all non-swimmers and children under 4ft tall. Any child 7yrs of age or younger must have an adult in the water with them.
- ◆ Appropriate swimwear only, no cut off jeans/pants.
- ◆ Thunder & Lightning - The pool will close and will reopen 30 minutes after it has passed.
- ◆ Pool dimensions: 22' x 36' and depth 4'
- ◆ Pool temperature is 88 degrees
- ◆ *Pool Rental-When pool parties are not booked this time slot is open swim. Please call for availability.
- ◆ * SACC-The YMCA School Age Children will be using the pool during the designated time slots when Fulton City Schools are closed.