

WATER FITNESS CLASS DESCRIPTIONS

Water fitness significantly improves cardio-respiratory health and increases muscular strength and endurance without stress on the joints. You do not need to be a swimmer to participate in one of our water fitness classes!

CARDIO SPLASH with Donna

This class focuses on cardio respiratory conditioning and muscular endurance.

MAKING WAVES with Paula & Annetta

Make some waves of your own in this shallow water class that focuses on cardio respiratory health, flexibility, and muscular fitness.

SPLASHING TO THE OLDIES with Annetta

Enjoy an amazing cardio workout that's easy on the joints while listening to an array of classic music!

WATER IN MOTION with Julie & Paula

Upbeat dance music with Zumba moves... what more could you want? Join our trained instructors in this fun shallow water class!

WAVE RUNNING* with Gena

This class combines deep water jogging with the fun and fitness of our Making Waves class.

***Must be comfortable in deep water.
Water belts are available for use.**



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS

& POOL SCHEDULE

HENRY COUNTY YMCA



For more information contact
Darick Toffelmire
DToffelmire@HenryCountyYMCA.org

2021 OCTOBER POOL SCHEDULE

Updated 9/29/2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Splashing to the Oldies 8:00-9:00 a.m. Gena		Splashing to the Oldies 8:00-9:00 a.m. Gena			
Making Waves 9:00-10:00 a.m. Annetta	Making Waves 9:00-10:00 a.m. Annetta	Making Waves 9:00-10:00 a.m. Annetta	Making Waves 9:00-10:00 a.m. Annetta	Making Waves 9:00-10:00 a.m. Annetta		
Cardio Splash 4:00-5:00 p.m. Donna		Cardio Splash 4:00-5:00 p.m. Donna		Cardio Splash 4:00-5:00 p.m. Donna		
Water in Motion 5:30-6:30 p.m. Paula	Making Waves 5:30-6:30 p.m. Paula		Making Waves 5:30-6:30 p.m. Paula			
		Water in Motion 6:00-7:00 p.m. Julie				

Pool Hours:

M-F 5:30 a.m.-8:00 p.m.
Sat 8:00 a.m.-4:00 p.m.*
Sun 1:00 p.m.-4:00 p.m.*

Questions or Comments?

Please contact:
Darick Toffelmire at
DToffelmire@HenryCountyYMCA.org

Class descriptions
on back.

*Pool may close at 3 p.m. on
Saturdays & Sundays for birthday
parties. See front desk for more
information.

Class schedules and availability is
subject to change without notice.

HenryCountyYMCA.org