



# Blossman YMCA Aquatics

## Jan 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
						9a-10a Aqua Jog (Lisa) 1p-6p Adventure Locators
15	16	17	18	19	20	21
1p-4p Round Island	8a-9a AquaFit (Melody) 9:15-10:15a Aqua Dance (Albey) 12:30p-1:30p Aqua Arthritis (Melody)	8a-9a AquaFit (Kelly) 9:15-10:15a Aqua Core (Kelly)	8a-9a AquaFit (Melody) 9:15-10:15a Aqua Dance (Albey) 12:30p-1:30p Aqua Arthritis (Melody) 7p-8:30p Adventure Loc	8a-9a AquaFit (Kelly) 9:15-10:15a Aqua Core (Kelly)	8a-9a AquaFit (Melody) 9:15a-10a AquaHIIT (Lydia) 11:30a-12:30p Aqua Arthritis (Melody)	9a-10a Aqua Jog (Lisa) 1p-1:30p K3 (Kyla/Lydia) 1:45p-2:30p WA (Kyla/Lydia) 2:45p-3:30p WM (Kyla/Lydia)
22	23	24	25	26	27	28
1p-4p Round Island	5a-6a Masters (TBD) 8a-9a AquaFit (Melody) 9:15-10:15a Aqua Dance (Albey) 12:30p-1:30p Aqua Arthritis (Melody) 12:15-12:45p P&C (Marie) 4-4:30p K3 (Paige) 5-5:45p WA (Melody/Kyla) 5:45-6:30p WM/Teen Basics (Charlotte)	8a-9a AquaFit (Kelly) 9:15-10:15a Aqua Core (Kelly) 4p-4:30p P&C (Lydia) 4:35p-5:05p K3 (Lydia) 5p-5:45p Marlins Rec (Sarah) 5:10p-5:40p P&C (Lydia) 5:45p-6:30p Marlins Rec (Sarah) 5:45p-6:30p Adult (Lydia) 6:30p-7:30p Masters (Sarah)	5a-6a Masters (TBD) 8a-9a AquaFit (Melody) 9:15-10:15a Aqua Dance (Albey) 12:30p-1:30p Aqua Arthritis (Melody) 12:15-12:45p P&C (Marie) 4-4:30p K3 (Paige) 5-5:45p WA (Melody/Kyla) 5:45-6:30p WM/Teen Basics (Charlotte)	8a-9a AquaFit (Kelly) 9:15-10:15a Aqua Core (Kelly) 4p-4:30p P&C (Lydia) 4:35p-5:05p K3 (Lydia) 5p-5:45p Marlins Rec (Sarah) 5:10p-5:40p P&C (Lydia) 5:45p-6:30p Marlins Rec (Sarah) 5:45p-6:30p Adult (Lydia) 6:30p-7:30p Masters (Sarah)	8a-9a AquaFit (Melody) 9:15a-10a AquaHIIT (Lydia) 11:30a-12:30p Aqua Arthritis (Melody)	9a-10a Aqua Jog (Lisa) 9a-10a Masters (Sarah) 10a-12p Marlins (Sarah) 11:15a-11:45a Aquabilities (Lydia/Melody) 1p-1:30p K3 (Kyla/Lydia) 1:45p-2:30p WA (Kyla/Lydia) 2:45p-3:30p WM (Kyla/Lydia)

29	30	31	
	5a-6a Masters (TBD) 8a-9a AquaFit (Melody) 9:15-10:15a Aqua Dance (Albey) 12:30p-1:30p Aqua Arthritis (Melody) 12:15-12:45p P&C (Marie) 4-4:30p K3 (Paige) 5-5:45p WA (Melody/Kyla) 5:45-6:30p WM/Teen Basics (Charlotte)	8a-9a AquaFit (Kelly) 9:15-10:15a Aqua Core (Kelly) 4p-4:30p P&C (Lydia) 4:35p-5:05p K3 (Lydia) 5p-5:45p Marlins Rec (Sarah) 5:10p-5:40p P&C (Lydia) 5:45p-6:30p Marlins Rec (Sarah) 5:45p-6:30p Adult (Lydia) 6:30p-7:30p Masters (Sarah)	<h2><u>Natatorium Hours of Operation</u></h2> <p><b>Monday – Thursday: 5am-9pm</b>  <b>Friday: 5am-8pm</b>  <b>Saturday: 7am-7pm</b>  <b>Sunday: 11am-5pm</b></p>

\*P&C: Parent and Child swim lessons

\*TGS: Third Grade swim lessons

\*K3: K3 Swim Basics

\*WA: Water Acclimation swim lessons

\*WM: Water Movement swim lessons

\*SI: Stroke Introduction swim lessons

\*WS: Water Stamina swim lessons

\*SS: Swim Strokes swim lessons

### Aquatics Class Descriptions:

**AquaFit** – all over, cardio, toning, muscle conditioning class, which incorporates, stretching, range of motion and even some yoga cool down techniques.

**Aqua Core** – Conditioning class designed to work your core while in the water.

**Aqua Dance** – Boogie your way through this fun aquatics fitness class with upbeat music and moves that will challenge you! This class is a full body workout that will improve your balance, cardio, and muscle strength.

**AquaHIIT** – a music driven water fitness class that uses movement at various levels and paces to create an all over cardio and muscular endurance workout.

**Aquabilities** – this unique aqua aerobics class is specifically designed for those with special needs. Enjoy fun music and dance moves that will help with coordination, balance, as well as cardio and muscle endurance. Class will have volunteers in the water to assist participants.

# Happy New Year!