



WATER FITNESS AT THE Y

WATER EXERCISE CLASSES

FREE! Included in
YMCA Membership!

ANYONE CAN MAKE A SPLASH!

HYDROCIZE

This class provides a mix of strength training exercises, cardio conditioning and flexibility. Includes rebound, non-rebound and suspended movements using resistance equipment and flotation devices.

T/TH	9:00-10:00 am	with Jerell
T/TH	6:30-7:30 pm	with Donna B.

DEEP WATER

This non-impact workout offers a variety of intensity levels to increase endurance as well as power, strength and cardiovascular fitness. Held in the deep water with the aid of buoyancy equipment and aquatic aides.

M/W/F	9:30-10:30 am	with Kathleen
Sat.	8:30-9:30 am	with Dee

BOOT CAMP

Boot Camp offers a combination of drills, skills and plyometric to improve strength and endurance.

Sat.	9:30-10:30 am	with Donna K.
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UP AND AT `EM!

This program uses the buoyant qualities of water to enhance physical fitness through exercises and stretching. It is a low-impact water class designed to provide cardiovascular conditioning, improved muscle tone, improved flexibility, strength and improve balance.

M/W/F	8:30-9:30 am	with Kathleen
Sun.	9:00-10:00 am	with Anna
T/TH	6:15-7:00 am	with Kathy

RUSTY HINGES

Designed for ages 55+, this class will incorporate all fitness techniques, including rebound, non-rebound, suspended moves, resistance equipment, flotation devices and more in a mix of shallow and deep water. All fitness levels welcome!

M/W/F	10:30-11:30 am	with Sherry
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QUESTIONS OR CONCERNS?

Contact Kristy Merrill, Aquatics Director
Call 847.891.9622 x121 kmerrill@gcfymca.org

CAMPANELLI YMCA POOL SCHEDULE WINTER 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open at 7:00am	
6:00 am	5:00-9:45am	5:00-9:45am	5:00-9:45am	5:00-9:45am	5:00-9:45am		
6:15 am		Up and At `Em!		Up and At `Em!			
6:30 am		6:15-7:00am		6:15-7:00am			
7:00 am						Lap Swim	Lap Swim
7:30 am						7:00-9:00am	7:00-9:00am
8:00 am							
8:30 am	Up and At `Em!		Up and At `Em!		Up and At `Em!	Deep Water Dynamics	Up and At `Em!
9:00 am	8:30-9:30am	Hydrocize	8:30-9:30am	Hydrocize	8:30-9:30am	8:30-9:30am	9:00-10:00am
9:15 am		9:00-10:00am		9:00-10:00am			
9:30 am	Deep Water Dynamics		Deep Water Dynamics		Deep Water Dynamics	NO LAP LANE 9:00-10:00am	
10:00am	9:30-10:30am		9:30-10:30am	9:30-10:30am			
10:30am	Rusty Hinges (55+)		Rusty Hinges (55+)	Rusty Hinges (55+)			
11:00am	10:30-11:30am		10:30-11:30am	10:30-11:30am	10:30-11:30am	Boot Camp	
11:30am						9:30-10:30am	
12:00pm					Swim Lessons (2 Lanes)	Swim Lessons (3 Lanes)	Swim Lessons (3 Lanes)
12:15pm					12:00-2:00pm	9:00-12:15pm	9:00-12:15pm
12:30pm							
1:00 pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
1:30 pm	12:00-5:30pm	12:00-5:30pm	12:00-5:30pm	12:00-5:30pm	12:00-5:30pm	12:30-6:45pm	12:30-5:45pm
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm	Swim Lessons (2 Lanes)	Swim Lessons (2 Lanes)	Swim Lessons (3 Lanes)	Swim Lessons (2 Lanes)			
5:45 pm	5:30-8:30pm	5:30-7:20pm	5:30-7:20pm	5:30-7:20pm			
6:00 pm							
6:30 pm		Hydrocize		Hydrocize	Swim Lessons (2 Lanes)		
6:45 pm		6:30-7:30pm		6:30-7:30pm	6:30-8:30pm		
7:00 pm							
7:15 pm							
7:30 pm							
8:00 pm			Family Swim	Family Swim	Family Swim	Pool Closes 6:45pm	Pool Closes 5:45pm
8:30 pm	Family Swim	Family Swim	7:30-9:45pm	7:30-9:45pm	5:30-9:45pm		
9:00 pm	8:30-9:45pm	8:30-9:45pm					
9:45 pm	Pool Closes at 9:45pm Monday - Friday						
TOWEL AND LOCKERS ARE REQUIRED.							
PLEASE NOTE: There wil be NO OPEN FAMILY SWIM during water aerobics classes.							