

WATER EXERCISE CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am-8:00am	Sliver Sneakers® Splash Carol		Sliver Sneakers® Splash Carol		Sliver Sneakers® Splash Carol		
8:00am-9:00am	Aqua Fit Becca	Aqua Fit Becca	Water Volleyball Carol	Stretch and Flex Jo	H2O Cardio Becca		
9:00am-10:00am	H2O Cardio Jo	H2O Cardio Mindy	Water Volleyball Free Play	H2O Cardio Jo	Aqua Fit Becca	H2O Cardio Jo	
10:00am-11:00am		Aqua Zumba® Monica		Aqua Zumba® Monica		Aqua Blast Gariella	
10:15am-11:15am	Arthritis Aerobics June				Arthritis Aerobics June		
11:00am-12:00pm		Deep Water Aerobics Monica	Aqua Zumba® Monica 10:30a-11:30a	Aqua Blast Gariella			
11:45am-12:45pm			Arthritis Aerobics June				
1:30pm – 2:30pm	Arthritis Aerobics June		Arthritis Aerobics June		Arthritis Aerobics June		
2:00pm-3:00pm							Aqua Zumba Jessica
3:45pm-4:45pm		Arthritis Aerobics June		Arthritis Aerobics June			
6:00pm-7:00pm	H2O Cardio Jo	Aqua Zumba® Monica		Aqua Zumba® Monica			

Aqua Fit—brings the principal of Pilates to the warm water pool. Slow moving, stretching, toning, and working the core muscles.

Aqua Zumba® is a fusion of Latin and International Cardio in the water that creates a dynamic and exciting workout.

H2O Workout— Forget about your stressful day when working hard in this class.

Sliver Sneakers® Splash activates your aqua urge with a variety of shallow water moves to improve agility, flexibility, and cardiovascular endurance.

Water Volleyball— Have fun and workout at the same time. This activity helps improve endurance, hand eye coordination, and team skills with a focus on the core muscles from the laughing with friends!

Aqua Blast—The class alternates between high intensity and low intensity workout. It includes a warm up, cardio, and strength training exercises using water weights, noodles, and waterboards and wrapping it all up with a cool down. No swimming experience is necessary. You can work at your own pace & modify movements for yourself.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OLIVE BRANCH FAMILY YMCA

MARCH 2019

Swim Schedule							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim 7:00a	
5:30a							
6:00a							
6:30a							
8:00a							
9:00a							
10:00a							
11:00a							
12:00p							
1:00p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
2:00p							
3:00p							
4:00p							
4:30p							
5:00p							
6:00p							
7:00p							
8:00p							
8:30p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
9:00p							

*Open Swim Times
(at least one lane open)*
Lanes are subject to change for special events.

April Swim Lessons
Register for Winter/Spring lessons at
the welcome center

Have feedback for us? Fill out a comment card or
email James, Operations Director.
jcorrigan@ymcamemphis.org
We value your membership to the OB Y!

Open Swim
Swim Team/Swim
Lessons

YMCA Closed