

HOERNER YMCA AQUA CLASSES



Effective 5-28-24

	MON	TUES	WED	THU	FRI	SAT	SUN
6-8 am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
8-8:45 am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim 8am-12pm	
8:45-9:30 am	Aquacise	Open Swim	Aquacise	New Wave 9:15-10 am	Aquacise		
	Lap Swim		Lap Swim	Lap Swim	Lap Swim		
9:30-11 am	Open Swim	New Wave 9:15-10 am	Open Swim	Hydro Dance 10-10:45 am	Hydro Dance 9:30-10:15 am		
		Lap Swim		Lap Swim	Lap Swim		
11 - 12 pm	Aqua Combo 10:30-11:30	Open Swim	Aqua Combo 10:30-11:30	Open Swim	Open Swim		
12 - 4 pm	Closed	Closed	Closed	Closed	Closed	Closed	
4-5:30 pm	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed	
5:30 - 7 pm	Youth Swim Lessons 5:30-7:30	Making Waves 6-7pm	Open Swim	Making Waves 6-7 pm	Closed		
		Lap Swim		Lap swim	Closed		

*Please follow our Hoerner YMCA facebook page for current updates, closures, swim meet times etc.

New Wave

This class provides optimal exercise conditions for people with weakened limbs, fatigue or balance challenges.

It promotes increased strength, stamina, and flexibility.

Classes are Tuesdays and Thursdays, 9:15-10:00 am.

This is a punch card class. Each class requires one punch. Cards are kept at the front desk.

Members: 10 punches/\$25; 20 punches/\$45 Non-members: 10 punches/\$75

Aquacise

Designed to improve muscle tone, circulation and flexibility. You do not need to be a swimmer to participate in this class.

This class meets Mondays, Wednesdays, and Fridays, 8:45-9:30 am.

This is a punch card class. Each class requires one punch. Cards are kept at the front desk for your convenience.

Members: 10 punches/\$25; 20 punches/\$45 Non-members: 10 punches/\$75

Aqua Combo

This class features a variety of fun aquatic workouts. This is for those who enjoy mixing it up!

This class meets Mondays and \ Wednesdays 10:30-11:30am

This is a punch card class. Each class requires one punch. Cards are kept at the front desk for your convenience.

Members: 10 punches/\$25; 20 punches/\$45 Non-members: 10 punches/\$75

Hydro-Dance

This shallow water class moves to the music! If you enjoy dancing but want less stress on your joints, this class is for you!

This class meets Thursday 10:00-10:45am and Friday 9:30-10:15 am

This is a punch card class. Each class requires one punch. Cards are kept at the front desk for your convenience.

Members: 10 punches/\$25; 20 punches/\$45 Non-members: 10 punches/\$75

Making Waves

Evening class! This class incorporates water resistance for a high-intensity, low-impact workout. Held in the deep end or chest-de water for a great mix of full-body exercises. All fitness levels are welcome; exercises can be modified.

This class is Tuesdays and Thursdays, 6-7 pm.

This is a punch card class. Each class requires one punch. Cards are kept at the front desk for your convenience.

Members: 10 punches/\$25; 20 punches/\$45 Non-members: 10 punches/\$75

Open Swim

Open to Individuals and families
for free form swimming

Lap Swim

Open Lanes for Lap swimming only
First come first serve on lanes - no reservations

