



SAGE YMCA AQUATICS SCHEDULE

November 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competition Pool Hours	5:15A-8:30P	5:15A-8:30P	5:15A-8:30P	5:15A-8:30P	5:15A-7:45P	6:15A-3:30P	6:15A-3:30P
Family Pool Hours	5:15A-8:30P	5:15A-8:30P	5:15A-8:30P	5:15A-8:30P	5:15A-7:45P	6:15A-3:30P	6:15A-3:30P
Water Fitness	Water Aerobics 8-9A Family Pool	Splash FIT 8-9A Family Pool	Healing Waters 7-8a Family Pool	Aqua Fitness 9-10A Family Pool	Aqua Fitness 7:45-8:45A Family Pool	DWCR 10:30-11:15A Comp Pool	
	H2O Flow 10:20-11:20A Family Pool	DWCR 9:45-10:30A Comp Pool	Aqua Fitness 11:30-12:30P Family Pool	H2O Flow 10:20-11:20A Family Pool	Splash FIT 9:15-10:15A Family Pool		
	Arthritis Water Fitness 11:30-12:30P Family Pool	Aqua Zumba 5:30p-6:15p Family Pool		Arthritis Water Fitness 11:30-12:30P Family Pool			
Pre-K Swim Family Pool		3-3:30p	10:45-11:15a 2:30-3:30p				
Group Lessons Family Pool	4-7:45P	5:30-7:15P	10:15-10:45A 4-7:45P	4-7:45P		9-12:45P	9-12:45P
Family Swim Family Pool	12:30-4:30P	9-3:00P 3:30-5:30P	12:30-2:30P	12:30-4:30P 7-8:30P	10:30A-7:45P	12-3:30P	12:45-3:30P
	7:00-8:30P	6:15-8:30P	7-8:30p				
Swim Teams Competition Pool	Masters 5:15-8A	D155 2:30-4:30P	Masters 5:15-8A	D155 2:30-4:30P	Masters 5:15-8A		
	D155 2:30-4:30P		D155 2:30-4:30P		D155 2:30-4:30P		
	Piranhas 5:30-8:30p		Piranhas 5:30-8:30p		Piranhas 4:30-7:30p		

- › Schedule is subject to change.
- › A limited number of lanes will be available during programming times.
- › If needed, 15 min safety breaks will be called at every odd hour. The pool must be cleared during this time.
- › Aqua Fitness class setup begins 5 minutes prior to the start of class.
- › Private swim lessons will receive priority access to the pools during regular operating hours.
- › The Steam Room and Sauna will be closed every day from 1:00-1:45P for cleaning.
- › The Whirlpool will be closed every Tuesday from 12:30-5:30P for deep cleaning.
- › Family swim is only available during the listed times.
- › Outside of programming listed and Family swim, both pools will be designated as available lap swim to members.
- › Any youth using the Family pool outside of Family swim times, must be lap swimming or aqua jogging.
- › The rope buoy must be used to separate the shallow and deep end of the double lane in the Family pool during non-lap swim/Program hours.
- › The Competition Pool is unavailable for member use during D155 Swim Team Practice.

For additional information, please contact Ben Ossler, Aquatics Manager at bossler@ymcachicago.org or 815-459-4455.

sageymca.org



SAGE YMCA WATER FITNESS CLASS DESCRIPTIONS

***Aqua Zumba:** Aqua Zumba also known as the Zumba® “pool party,” gives a new perspective to an invigorating workout. Splashing, stretching, twisting, shouting and laughing can often be heard during our Zumba shallow water class. This class integrates the Zumba formula and philosophy with a traditional aqua fitness class. Aqua Zumba makes for a safe, challenging, water-based workout that helps cardio-condition your body while also toning your muscles and creating an exhilarating experience.

Water Aerobics: Splash into our water aerobics class where we use aerobic exercises to help get your body moving and oxygen flowing! The water helps support your joints and create a “cushion” while also giving resistance to help build muscle. This class is a great way to meet new people and get your body moving!

H2O Flow: Get ready for a challenge with our H2O flow class! This class works both your mind and body by incorporating elements of Yoga, Pilates, and Tai Chi. This class puts not only you, but also the water to work by using the natural resistance of the water to increase your range of motion and stabilize the core muscles.

Arthritis Water Fitness: Get a great stretch in with our Arthritis Water Fitness Class! This class uses a variety of stretches and movements to help loosen your muscles and joints and relieve pain. This class is done in shallow water and incorporates movements used in daily living.

Deep Water Cadence Running: Dive into our DWCR class for a fun way to exercise! This class uses cadence- specific workouts to help improve athletic performance. This class is great for those training for a run, recovering from an injury, or are looking for a fun new way to exercise. This class is a great impact-free way to help build up your endurance and cardiovascular health!

Aqua Fitness: Reach your fitness goals by taking our Aqua Fitness class! This class takes movement to a whole new level by incorporating music to exercise. Aqua Fitness is an hour long class that keeps you moving that entire time. Our Aqua Fitness class was designed to get your heart rate up, while having fun!

Splash FIT: Jump into our Splash FIT class with a challenging total body workout! Begin the class with a warm-up, then move onto an intense cardio segment. After that, get ready for a great workout using noodles, buoys, and other equipment to focus on core and strength. End the class with a great cooldown, and leave the class feeling amazing!

****Healing Waters:** A therapeutic based aquatic class with emphasis on addressing low back discomfort, pain reduction, joint protection and strengthening. Ideal for individuals with arthritis, osteoporosis, auto immune disease, post-surgery healing and injury recovery, along with those looking for a therapy-based class to improve quality of life and movement.

**Seasonal class*

***Paid Class*

For additional information, please contact Ben Ossler, Aquatics Manager at bossler@ymcachicago.org or 815-459-4455.

sageymca.org