



## **WATER EXERCISE CLASSES**

Water Exercise is increasing in popularity among the fit and not-so-fit due to its low-impact, yet high resistance nature. Water exercise is a great cardiovascular exercise as well as strengthener and works all parts of the body including the core.

### **CLASS DESCRIPTIONS**

**ARTHRITIS** - A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints.

**SPLASHERCISE**- This is a water aerobics class taught by certified instructors. Splashercise will improve your aerobic endurance, muscular strength and flexibility.

**WATER WALKING** - One of the most low-impact, yet resistant form of exercise. Non-instructed, walk at your own pace.

**MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both**

**WATER TABATA** - A water class that uses brief periods of work followed by brief periods of rest. Interval training is one of the most effective training types to blast away the calories.

**AQUA EXERCISE** - Increase strength, flexibility, and aerobic capacity in the water.

**TONING** - Enjoy this strength-based class in the water!

Visit us on the web at [www..mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org) or call 620-241-0363  
McPherson Family YMCA ~ 220 North Walnut ~ McPherson, KS 67460

## **ADDITIONAL POOL INFORMATION**

### **Safety Breaks** -

Insurance mandated for patron safety to allow guards to stay vigilant during shifts. Patrons will exit water for 5 min period to give lifeguard a break.

### **Swim Policy** -

Children under the age of 8 must be accompanied by an adult IN the water if they do not pass the swim test. Children age 12 and under must be swim tested and pass in order to not wear a lifejacket. Child must have a wristband from front desk to show that they have pass the swim test.

### **Swim Test** -

Swim tests will be administered daily Monday-Friday at 4pm for the first 5 to 10 min, Saturday 12pm to 2pm, and Sunday 1pm to 3pm. Non school days during the week we will also have swim tests from 2pm to 4pm.