



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# AQUATIC FITNESS CLASS SCHEDULE

## SUMMER 2021

July 5–August 28, 2021

CLASS NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Around Aqua (Pool 1)	7:45–8:45pm				
Deep Water Cardio (Pool 1)				8:15–9:00am	
Shallow Water Workout (Pool 1)		8:15–9:00am			
Gentle Shallow (Pool 1)		11:35am–12:20pm	8:40–9:25am		
MS Water Exercise (Pool 2)	11:15am–12:00pm		11:15am–12:00pm		11:15am–12:00pm



# KEEPING OUR COMMUNITY SAFE

## WATER EXERCISE CLASS GUIDELINES

**We are so happy you're back! Here are our current procedures for water exercise classes to make this a fun and safe experience for all participants and staff:**

- Water Exercise classes are only open to active, current full-facility members ages 18 and over.
- Advanced online registration is required. Drop-in option is NOT available. Members of the same household (two people) can register for the same time slot and share a lane during water exercise classes. Time slots are posted at [fspymca.as.me](https://fspymca.as.me) for up to thirteen (13) days out and it is recommended that you continue to check the website for available time slots. Guests and Nationwide members are not permitted at this time.
- Through Acuity Scheduling, you will be able to cancel a reservation up to two (2) hours beforehand. If you do not show up for your registered time slot or do not cancel beforehand, you will be charged \$10 per each missed registration.
- Come prepared dressed in swim attire, **with your own towel, goggles and flotation belt, etc.** Locker Rooms are currently available to store the remainder of your belongings and to shower, change and use the restroom.
- Members who are fully vaccinated no longer are required to wear masks while in the YMCA building. Those who are not fully vaccinated are required to wear masks, including on the pool deck. We are counting on the integrity and responsibility of our Y community to follow the guidelines to help keep our community safe.
- Foot coverings (flip flops, water shoes, etc.) must be worn in the building and anywhere on the pool deck.
- After entering the building through the main entrance, please scan IN with your membership card at the self-scanning station to the left of the Welcome Center Desk.
- Swimmers will be assigned a lane and will be required to stay within that lane during the session. A Y staff member will be present to assist and direct you as well as answer any questions you may have.
- Remove your mask and foot coverings, place them with your belongings, and get into the pool. DO NOT wear a face mask in the water due to the increased safety risk.
- Enjoy your class! Water Exercise classes are presently limited to 45-60 minutes. There will be time after each swim session to allow for cleaning of the pool deck between member appointment times.
- When finished, put your face mask/covering and foot coverings back on, gather your belongings and prepare to exit the pool area.
- Follow the directional signage to exit—being mindful to maintain distance from other members. Before leaving, please scan OUT at the self-scanning station at the Welcome Center.

**THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING.**