

WAYSIDE RACQUET & SWIM CLUB

WATER FITNESS

EFFECTIVE APRIL 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:00-8:45 Deep Water Debby
	8:15-9:00 Interval Training Geralyn	8:15-9:00 Water Aerobics Linda	8:15-9:00 Swim & Run Erin	8:15-9:00 Water Aerobics Linda	8:15-9:00 Interval Training Patty	
9:00-9:45 Sport Specific Training Janice	9:15-10:00 Water Aerobics Geralyn	9:15-10:00 Water Aerobics Linda	9:00-9:45*** Athletic Challenge Erin	9:15-10:00 Water Aerobics Linda	9:15-10:00*** Athletic Challenge Patty	
	6:15-7:00 Water Aerobics Beth	6:15-7:00 Deep Water Fitness Cathy	6:15-7:00 Water Aerobics Ellen	6:15-7:00 Water Aerobics Cathy		

SCHEDULE SUBJECT TO CHANGE. Instructors are listed for your reference, however changes or substitutions may occur as circumstances require.

***** Participants cannot be medicated for heart or lung conditions and must be able to swim continuously for a minimum of 30 minutes to participate in this class.**

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WATER FITNESS PROGRAM DESCRIPTIONS:

Circuit Training: The aerobic and muscular conditioning components are combined into alternating segments. Usually a 1 - 3 minute cardiorespiratory segments are introduced and timed.

Interval Training: The aerobic segment of class is composed of a series of work cycles that include high intensity and low intensity segments that vary with the level and abilities of the students, anywhere from 1:3 to 3:1. With advanced students, the intensity may move into anaerobic training for short duration segments.

Water Aerobics: Is traditional shallow water aerobics performed in waist deep water. It includes large muscle movements rhythmical in nature to achieve cardiorespiratory endurance. It may be highly developed choreography sequences, dance-oriented moves, intricate patterns and combinations and/or simple calisthenics type movements. Variety is provided by this type of programming. Music may be used. Abdominal exercises may be included.

Swim and Run: Intervals of low and high intensity, various swimming and running sports and some endurance training. Should be a moderate to intermediate swimmer – 50% of class is not touching floor of the pool. Most levels welcome.

Deep Water Fitness: This format provides a non-impact exercise option. This class is conducted in the deep end of the pool as it allows for unrestricted, full range of motion movements for students of all heights. Deep water exercise can be extremely intensive and appeal to very fit individuals, but it can also be utilized for rehabilitation and special population since there is no impact incurred on the spine or joints. Movements must be performed in opposition to develop balance and control. Different types of flotation equipment are available to incorporate into this class setting.

Sport Specific Training/Plyometric Style Training: This class consists of movements, patterns and drills to increase and enhance performance and skill in a specific sport or activity. Various jumps, drills and movements can be designed to enhance motor skills and the skill related components of fitness including coordination, balance, reaction time, speed, power and agility.

Swimmercize: A lap swimming/exercise interval class to increase endurance in swimming. Improve stroke technique and efficiency to benefit from every movement in the pool. All levels welcome. Stroke technique analyzed.

Athletic Challenge: For advanced water fitness students and other athletic members. This class offers high intensity aerobics with muscle conditioning. This class focuses on strength and endurance training. 80% of the class is in deep water and equipment is used.

Muscle Conditioning: This type of training focuses on muscular strength and/or endurance, as well as stretching activities for flexibility. It may be incorporated as a segment of another program or as an independent class format. Muscular conditioning programs often incorporate additional equipment to promote added resistance for continued overload to the muscular system. The key is to isolate specific muscle groups and to utilize precision and control during all movements.