

Multiple Sclerosis and Parkinson Disease: Group class designed specifically for ambulatory participants affected by Multiple Sclerosis or Parkinson Disease. Sponsored by the SCRA Parkinson Support Group and The Family Y.

H2O Fitness: Energetic water workout combines heart-pumping moves with underwater resistance toning for legs and abs. Medium intensity.

Turbo H2O Workout: For participants who are experienced in H2O Fitness technique and working at an advanced cardio level. (Highest intensity.)

ABC (Aqua Body Conditioning): Exercise designed to strengthen muscles; increase range of motion appropriate for members with arthritis or joint replacement. (Low intensity.)

Aqua Dance (Formally Aqua Zumba): This course is the "pool party" workout for all. A class that is safe, effective and a challenging water-based workout, that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines.

Upcoming News

Adaptive Aquatics: Swim lessons are now available through our adaptive program. See contact information below.

Swim Lessons: Swim lessons are offered monthly. Two days a week for four weeks. See contact information below.

Contact

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Keep Moving and Make a Friend Spring 2012 Indoor Pool Schedule



The Family Y Of Aiken County

690 Medical Park Drive
Aiken, SC 29801

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The Family Y of Aiken County

Spring 2012

Indoor Pool Schedule

FOR YOUTH DEVELOPMENT®
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am-8:00am	Open Swim & Lap Swim	Open Swim & Lap Swim	Open Swim & Lap Swim	Open Swim & Lap Swim	Closed	Closed	Closed
8:00am-9:00am	Turbo H2O Melanie	Turbo H2O Melanie	Turbo H2O Melanie	Turbo H2O Jeanette	Turbo H2O Manuela	Closed	Closed
9:00am-10:00am	Open Swim & Lap Swim	Open Swim & Lap Swim	Open Swim & Lap Swim	Open Swim & Lap Swim	Open Swim & Lap Swim	Aqua Zumba Robyn & Sonja	Closed
10:00am-11:00am	ABC Hank	ABC Robin	ABC Hank	ABC Robin	ABC Manuela	ABC Hank	Closed
11:00am-12:00pm	ABC Robin	Open Swim & Lap Swim	ABC Robin	Open Swim & Lap Swim	ABC Manuela	Open Swim & Lap Swim	Closed
12:00pm-1:00pm	Parkinson & MS Robin	Closed	Parkinson & MS Robin	Closed	Closed	Open Swim & Lap Swim	Closed
12:00pm-3:00pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
3:00pm-6:00pm	Open Swim & Lap Swim	Open Swim & Lap Swim	Open Swim & Lap Swim	Open Swim & Lap Swim	Closed	Closed	Closed
6:00pm-7:00pm	Aqua Zumba Sonja	Aqua Zumba Sonja	Open Swim & Lap Swim	Aqua Zumba Robyn	Closed	Closed	Closed

Lap Swimming and Open Swimming are not allowed during any aerobic classes!