

**YMCA OF BUCKS COUNTY | Warminster
AQUATICS CENTER SCHEDULE Effective 1.19.21**

“We’re here for you.”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim/ Recreational Lane Usage 9:00am - 11:45am	Open Swim/ Recreational Lane Usage 9:00am - 9:45am	Aqua Tabata 9:00am - 9:45am Dot	Open Swim/ Recreational Lane Usage 9:00am - 9:45am	Open Swim/ Recreational Lane Usage 9:00am - 11:45am	Open Swim/ Recreational Lane Usage 7:00am - 7:45am	Closed
	Aqua Zumba 10:00am - 10:45am Betsy	Aqua Tai Chi 10:00am - 10:45am Dot	Aqua Aerobics 10:00am - 10:45am Rovena		Swim Lessons 8:30am - 11:45am	
	Aqua Aerobics 11:00am - 11:45am Rovena	Arthritis Aquatics 11:00am - 11:45am Dot	Gentle Aqua Aerobics 11:00am - 11:45am Rovena			
Open Swim/ Recreational Lane Usage 3:00pm - 6:45pm	Open Swim/ Recreational Lane Usage 3:00pm - 6:45pm & Swim Lessons 4:15pm-6:45pm	Open Swim/ Recreational Lane Usage 3:00pm - 5:45pm	Open Swim/ Recreational Lane Usage 3:00pm - 3:45pm	Open Swim/ Recreational Lane Usage 3:00pm - 6:45pm		
		Aqua Aerobics 6:00 - 6:45pm Rovena	Swim Lessons 4:00 - 6:45pm			

GROUP AQUATICS CLASSES (Low Impact)

AQUA AEROBICS | Beg - Adv. A low-impact aerobic workout designed to work every major muscle group. The water’s buoyancy decreases stress on hips, knees, ankles and feet. Need less?

GENTLE AQUA AEROBICS | Beg. This low impact class gives you all the benefits of Aqua Aerobics at a less intense pace.

AQUA ZUMBA® | Beg - Adv. This class is perfect for those looking to make a splash by adding a **low-impact**, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn’t miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

AQUA TABATA | Int. - Adv. This class combines high intensity interval training with the properties of water that result in a fun, high cardio workout to blast calories.

ARTHRITIS AQUATICS | Beg - Adv. Endorsed by the Arthritis Foundation you can enjoy physical activity while increasing strength, mobility and flexibility. For all ages with Arthritis, Fibromyalgia and other rheumatic related conditions.