



Warlick Recreational Pool @ Warlick Family YMCA
September 1st - September 30th

2221 Robinwood Road
Gastonia, NC 28056
7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim 5:30am - 8am	Open Swim 5:30am - 8am	Open Swim 5:30am - 8am	Open Swim 5:30am - 8am	Open Swim 5:30am - 8am		
8am	Aqua Low Sheila Bolick 8am - 8:50am	Aqua Jam Carmen Narvaez 8am - 9am	Aqua Low Sheila Bolick 8am - 8:50am	Aqua Jam Carmen Narvaez 8am - 9am	Aqua Low Sheila Bolick 8am - 8:50am	Aqua HIIT Marc Brooks 8am - 8:55am	
9am	Aqua Fit Susan Martin 9am - 9:55am	Open Swim 9am - 11am	Aqua Fit Jean Allen 9am - 9:55am	Open Swim 9am - 11am	Aqua Fit Susan Martin 9am - 9:55am	Swim Lessons Recreational Pool 9am - 12pm	
10am	Aqua HIIT Jeanne Maricle 10am - 11am		Aqua Fit Sharon Bean 10am - 11am		Aqua HIIT Jeanne Maricle 10am - 11am		
11am	Aqua Chi Nancy Rivas 11:15am - 12pm	Open Swim with Splash Pad 11am - 4pm	Aqua Chi Nancy Rivas 11:15am - 12pm	Open Swim with Splash Pad 11am - 4pm	Aqua Chi Nancy Rivas 11:15am - 12pm		
12pm	Open Swim 12pm - 6:30pm		Open Swim 12pm - 6:30pm		Open Swim with Splash Pad 12pm - 8pm		
1pm							Open Swim with Splash Pad 1pm - 5:30pm
2pm		Closed for Cleaning 2pm - 3pm					
4pm		Swim Lessons Recreational Pool 4pm - 6pm		Swim Lessons Recreational Pool 4pm - 6pm			
5pm						Pool Closes 5:30pm - 5:30pm	Pool Closes 5:30pm - 5:30pm
6pm	Aqua Fit Rebecca Belli 6:30pm - 7:30pm	Aqua HIIT Marc Brooks 6:30pm - 7:30pm	Aqua Fit Susan Martin 6:30pm - 7:30pm	Aqua Fit Rebecca Belli 6:30pm - 7:30pm			
7pm	Open Swim 7:30pm - 8pm	Open Swim 7:30pm - 8pm		Open Swim 7:30pm - 8pm			
8pm	Pool Closes 8pm - 8pm	Pool Closes 8pm - 8pm	Pool Closes 8pm - 8pm	Pool Closes 8pm - 8pm	Pool Closes 8pm - 8pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions Warlick Family YMCA

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Aqua Chi - This class combines the best of water and Tai Chi for a great workout.

Aqua Fit - Aqua Fit uses a varying degree of intensity for a great workout. This class includes cardio and all over body workout. Varied exercises target arms, legs, and core with cool down and stretch

Aqua HIIT - High Intensity Interval training in the water. All levels will benefit from this class. Join us!

Aqua Jam - Enjoy the fun of dancing and great music with little or no impact on your joints in an exciting and invigorating aqua dancing class.

Aqua Low - A class for everyone, especially for those with joint ailments or injuries. Get fit with this moderate water workout. After a warm-up, you'll ease into the exercises using your own body weight and the resistance of the water.

Closed for Cleaning - The pool will close for approximately one hour for vacuum.

Open Swim - The pool is open for all to enjoy during this time.

Open Swim with Splash Pad - Open Swim in Recreational Pool with the Splash Pad open.

Swim Lessons Recreational Pool - Swim lessons are taking place in the Recreational pool during this time. There is no open swim during swim lessons.