

Pool Schedule for April 8 - May 26, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 7:15 AM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)		
7:30 - 8:15 AM	Shake, Rattle, and Move (Cindy)	Stretch-N-Flex (Susan T.)	Shake, Rattle, and Move (Cindy)	Stretch-N-Flex (Wanda)	Tone-n-Flex (Susan T.)	8 - 8:45 AM Water in Motion/Zumba (Heather)	8 - 9:15 AM Lap Swim (4)
8:30 - 9:15 AM	Shake, Rattle, and Move (Cindy)	Deep Water (Susan T.)	Shake, Rattle, and Move (Cindy)	Deep Water (Wanda)	Water Cardio (Susan T.)	9 AM - 12 PM CLOSED Swim Lessons	9:45 - 10:30 AM AquaFit (Bonnie)
9:30 - 10 AM	Lap Swim (3) 1/2 Open Swim	9:20 - 10 AM Water in Motion Strength (Teresa)	Lap Swim (3) 1/2 Open Swim	9:20 - 10 AM Water in Motion Strength (Patty)	Lap Swim (3)		10:30 - 11:15 AM Aqua Yoga (Bonnie)
10 - 11 AM	Lap Swim (3) ECE Swim	Lap Swim (3) ECE Swim	Lap Swim (3) ECE Swim	Lap Swim (3) ECE Swim	Lap Swim (3) ECE Swim		11:30 AM - 4:30 PM Lap Swim (3) 1/2 Open Swim <i>*Open Swim ends at 3:30 PM on 5/5, 5/19, 6/2, 6/23</i>
11:15 AM - 12 PM	Water in Motion Platinum (Teresa)	Arthritis (Teresa)	Water in Motion (Patty)	Arthritis (Patty)	Water in Motion Platinum (Teresa)		
12:15 - 1 PM	Lap Swim (4)	Lap Swim (4)	Lap Swim (4)	Lap Swim (4)	Lap Swim (4)	12 - 4:30 PM Lap Swim (3) 1/2 Open Swim	
1:15 - 2 PM	Arthritis (Linda)	Lap Swim (6)	Arthritis (Patty)	Lap Swim (4)	Arthritis (Linda)		
2 - 3:30 PM	Lap Swim (3) 1/2 Open Swim	Lap Swim (6)	Lap Swim (3) 1/2 Open Swim	Lap Swim (4)	Lap Swim (3) 1/2 Open Swim		
3:30 - 4:30 PM	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	Lap Swim (2) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim		4 - 4:45 PM Aqua Stand Up with Heather on 5/5, 5/19, 6/2, 6/23 <i>Registration required</i>
4:30 - 5 PM	CLOSED Swim Lessons	Lap Swim (3) 1/2 Open Swim	Lap Swim (2) 1/2 Open Swim	Lap Swim (2) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	CLOSED	
5 - 6 PM	CLOSED Swim Lessons	CLOSED Swim Lessons	Lap Swim (2) 1/2 Open Swim	Lap Swim (2) 1/2 Open Swim	5:30 - 6:15 PM Aqua Fit (Bonnie)	CLOSED	CLOSED
6 - 6:30 PM	CLOSED Swim Lessons	CLOSED Swim Lessons	Lap Swim (2) 1/2 Open Swim	Lap Swim (2) 1/2 Open Swim	CLOSED	CLOSED	CLOSED
6:30 - 7:15 PM	Water in Motion (Teddy)	Water Cardio (Linda)	Water Cardio (Susan E.)	Water Cardio (Linda)	CLOSED	POOL WILL BE CLOSED SATURDAY, MAY 4 FROM 12 - 5 PM FOR LIFEGUARD TRAINING	
7:30 - 8:15 PM	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	CLOSED		
8:15 - 9 PM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	CLOSED		

Key for Pool Schedule

Lap Swim - a type of exercise where a swimmer swims one end of the pool to the other and back. Number in parentheses indicates number of available lap lanes. Two swimmers per lane.

ECE Swim - reserved for students of JCC's Early Childhood Education (ECE) classes only

1/2 Open Swim - half the pool is open for free swim

FREE Water Fitness Classes

Water Fitness Classes at the JCC are FREE for members and don't require registration (with the exception of Aqua Stand Up). Whether you're looking for high intensity or low impact, strength or cardio, we have you covered with our water fitness classes.

AQUATICS

Aqua Fit

Improves overall strength and endurance using water resistance and low-impact training in shallow water while increasing range of motion.

Aqua Stand Up

Indoor paddle board, full body workout to music (registration required).

Aqua Yoga

A gentle, low impact activity where you do yoga poses in the water. Your head will remain above the water. Increase core strength, provide better posture, and reduce back and joint pain and fatigue.

Aqua Zumba

Combines dance, cardio, and body toning to mostly Latin music.

Arthritis

A certified Arthritis Foundation program aimed at those suffering from Arthritis and other joint problems. A physician's approval is recommended.

Deep Water

This program is held in the deep end of the pool and provides a no-impact but challenging cardiovascular workout. Participants will use flotation belts and styrofoam barbells to perform a variety of motions including water walking and running, abdominal work and toning exercises.

Shake, Rattle, & Move

A cardio class designed to music and possible use of equipment.

Stretch-N-Flex

A mild cardio class designed to improve balance and stamina; takes place in shallow water.

Tone-N-Flex

A higher cardio class that also works your muscles.

Water In Motion (WIM)

Provides a low impact, high energy challenge for all ages. Total body, calorie-burning workout without the pull that gravity delivers on the body. Experience the cross-training effects that water provides by reducing the impact on your joints, specifically the knees and back, all done to music.

Water In Motion (WIM) Platinum

A shallow-water, low-impact aqua class that offers active, aging adults workouts to improve cardiovascular endurance, agility, posture, dexterity, memory, balance, strength, and flexibility. All done to music.

Water In Motion (WIM) Strength

Class using aqua dumbbells that provides low impact, high energy challenge for all ages and skill levels; all done to music.

Water Cardio

A fast-paced cardio workout in the shallow end.

WATER FITNESS CLASS KEY:



BEGINNER



INTERMEDIATE



ADVANCED



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NEW - QIGONG THERAPEUTIC SESSIONS

Qigong is a form of Traditional Chinese Medicine that is thousands of years old. It is based on the theory that our life force energy (*Qi*) facilitates the flow of energy in our bodies. Illness occurs when qi becomes stagnate, creating turbid qi and results in imbalances in our physical, emotional, and spiritual bodies.

During a Qigong session, a practitioner will direct or emit energy to the client in order to purge and release pathogens and toxic emotions from the body's tissues, eliminate energetic stagnations, and tonify and regulate the internal organs, immune system, and energetic fields. The practitioner typically works in the second Wei Chi energy field above the client's body.

Generally, clients find the sessions very relaxing and rejuvenating. During a Qigong session, the client remains fully clothed and relaxed, though they may feel sensations such as heat, cold, tingling, twitching, etc. Studies have shown Qigong can be useful in managing a variety of illnesses, including chronic pain and disorders of the digestive, respiratory, and cardiovascular systems. It improves the function of the immune, lymphatic, muscular, and circulatory systems.

The first session is 90 minutes to include time for an introduction and to review medical history. The following sessions are 60 minutes.

Schedule your Qigong Therapeutic session with Elisse Pfeiffer, MQP by emailing epfeiffer@yorkjcc.org.

RATES FOR QIGONG THERAPY

1st Session:
M \$100 | NM \$125
(90 Minutes)

All Other Sessions:
M \$85 | NM \$100
(60 Minutes)

