

Water Fitness Staff

Lori Dredge - Group Fitness Coordinator

We offer a team of highly experienced, well-educated YMCA instructors. Each staff person has received specific, extensive training in the discipline they are teaching. All are seeking to share their wealth of knowledge with YMCA members to provide exercise that increases muscular strength, endurance, flexibility and cardiovascular efficiency and enhances the well-being of the spirit, mind, and body.

Class Descriptions

Arthritis (Arthritis Foundation Aquatic Program)

A program giving participants an opportunity to do gentle activities in warm water, with guidance from a trained, certified instructor. Designed to alleviate the pain and stiffness associated with arthritis. May also increase your range of motion. Taught by a certified Arthritis Foundation instructor. Swimming ability is not necessary to participate.

AquaFit**Beginner Favorite

A coed low impact aerobic workout designed to improve cardiovascular health and fitness, muscle strength, and flexibility. Class stays in the shallow water.

Aqua Boot Camp

A hard core mix of drills, swimming and resistance training in the water. Prepare to be challenged! Participants need to feel comfortable in the deep end & going underwater. Swimming ability is recommended. Intermediate to Advanced. Goggles are highly advised!

Go Deep

Grab a belt and head to the deep end. This class is designed to increase fat burning, improve aerobic endurance, and combat stress. Fabulous abdominal workout too!

H2O Combo

An aqua class designed to improve cardiovascular fitness by combining workouts in both the shallow and deep end with the potential for using resistance equipment.

SilverSneakers® SilverSplash

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Ultimate Aqua

Dynamic one hour water workout. This high-energy class is designed to create the ultimate sustained aerobic workout using any tools selected by the instructor in both the deep and shallow ends.

BENEFITS OF WATER EXERCISE

PROVIDES BUOYANCE & SUPPORT:

One of the major benefits of the water is that it provides buoyancy and support for the body, making it less likely for the muscle, bone & joint to get injured. Water supports up to 80% of your weight, thereby causing less strain on the joints, back & torso when compared to exercises on land.

QUICK MUSCULAR ENDURANCE:

The high density of water, as compared to air, leads to increased resistance, thereby augmenting muscular endurance and tone. This means that water aerobics builds up toned and endured muscle mass all around the body.

IMPROVED FLEXIBILITY:

The reduced effect of gravitational force in water leads to improved flexibility in the body. The joints can be moved through a wider range of motion, which makes water aerobics all the more beneficial as we age.

Water Fitness Class Etiquette

- 1 Attend a class that is appropriate to your personal fitness level.
- 2 Please shower before entering the pool.
- 3 Be on time, to get the full advantage of the warm-up. Also we request that you not leave the class before it is dismissed so you are assured a proper cool down and stretch.
- 4 For your own benefit refrain from "doing your own thing". Follow the instructions given by the Fitness instructor to ensure a safe and balanced class. If you need to modify your routine for a specific reason, notify the instructor before class.
- 5 Limit your conversation in class. It is disruptive for other members.
- 6 Enter class only after the previous class is finished.
- 7 Wear appropriate exercise attire (bathing suit or shorts and t-shirt) and supportive exercise shoes when necessary.
- 8 For your own protection, do not use ankle/wrist weights during the cardio portion of class.
- 9 Return all equipment used to their proper place after class.
- 10 Talk away from the pool as the class in session will not be disturbed.
- 11 You must be a least 13 years of age to attend a water fitness class.
- 12 Drink water — Stay hydrated.

Mission Statement:

The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.

100 ADAMS MILL ROAD
SIMPSONVILLE, SC 29681
(864) 963-3605



Pool Hours:

Monday-Thursday..5:30 am - 9:00 pm
Friday.....5:30 am - 7:30 pm
Saturday7:30 am - 4:30 pm
Sunday.....1:30 pm - 4:30 pm