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**YWCA  
IS ON A  
MISSION**

## **Water Aerobics - Aqua Arthritis Energizer**

Gain strength and flexibility with gentle activities in the water with guidance from an Arthritis Foundation certified instructor.

## **Water Aerobics - Aqua Power**

Get a full body workout with a variety of cardio and strength training exercises in the shallow and deep ends of the pool.

## **Water Aerobics - Shallow Water Work**

Same as deep water work. However, for those that aren't comfortable in deep water this is the class for you.

## **Water Aerobics - Aqua Yoga**

Basic yoga stretches and postures using the light gravity of water to help cushion the joints.

## **Swim Reservation**

- All non-class swimming is done by reservation.
- This is a member only service. There is no swimming reservation available for non-members.
- Members can make a reservation online or by calling the front desk at 704-525-5770.
- All types of swimming is welcome (Lap Swim, Free Swim, Family Swim, Water jogging, etc.).
- Lanes may accommodate one (1) household per lane (Limit of 5 per lane)
- Swimming will be limited 45-minute time blocks at the beginning of the hour.
- 5 lanes will be available to reserve online.
- You can make it up to 5 days in advance. Each day's reservation window will close at 11:59pm prior to that day (for example all reservations for a Tuesday swim will close at 11:59pm on Monday evening)
- Continuous failure to show up for a pre-booked reservation may revoke a member's ability to reserve a lane in the future as we would like to ensure the service is fair to everyone.
- Complimentary use of pool floats (pull-buoys, kickboards, jogging belts, etc.) and shared exercise equipment have been temporarily removed from service.
- Sharing of equipment will be prohibited. All swimmers should bring their own personal equipment to use (kick board, pool buoys, fins, goggles, noodles, etc.)
- All lost and found items will be disposed of at the end of the day.

## **Hybrid Swim**

1 lane will be used for Personal Training. The other 4 lanes will be available for reservation.