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**YWCA
IS ON A
MISSION**

Water Aerobics - All Water Aerobics classes operate on a first-come, first-served basis. Participating members must pick up a class pass at the Front Desk up to 30 minutes prior to class. Aquatics classes that take place Tuesday - Thursday have a maximum capacity of 15 participants. Our Monday and Friday aquatic classes are hybrid classes with a maximum capacity of 20 participants. Participants are able to use belts (flotation devices) allowing them to go into the deep end of the pool while still having support. This allows these classes to utilize space in both the shallow and deep ends.

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 pool.

Water Aerobics - Aqua Water Work

Focusing on cardio, strength, balance and posture, this class will keep you moving at your own desired intensity level.

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.
- You 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.
- All lost and found items will be disposed of at the end of the day.