



57121 Sunnyslope Dr., Yucca Valley
 (760) 365-9661

POOL SCHEDULE

MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
7 AM <i>Advanced Aerobics</i> Lucinda Hampson	7 AM <i>Advanced Aerobics</i> Kathy Dougan	7 AM <i>Intermediate Aerobics</i> Kathy Dougan	7 AM <i>Advanced Aerobics</i> Kathy Dougan	7 AM <i>Advanced Aerobics</i> Lucinda Hampson
8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Kathy Dougan	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Kathy Dougan
9 AM <i>Yoga in the Water</i> Kathy Dougan	9 AM <i>Aerobics for All</i> Kari Smith	9 AM <i>Active Warm Water</i> Scott Mckone	9 AM <i>Active Warm Water</i> Lucinda Hampson	9 AM <i>Yoga in the Water</i> Kathy Dougan
10 AM <i>Freestyle</i> Kathy Dougan	10 AM <i>Intermediate Aerobics</i> Eve Vkydal	10 AM <i>Basic Warm Water</i> Kathy Breslin	10 AM <i>Intermediate Aerobics</i> Eve Vkydal	10 AM <i>Intro to Warm Water</i> Kathy Breslin
11 AM <i>Aerobics</i> Tommy Dodson	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Freestyle</i> Shanta Reed	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Freestyle</i> Shanta Reed
12 PM	12 PM <i>Basic Warm Water</i> Joyce Johnson	12 PM <i>Intro to Aerobics</i> Barbara Kendrick	12 PM <i>Basic Warm Water</i> Joyce Johnson	12 PM <i>Active Warm Water</i> Terri Medford
1 PM <i>Active Warm Water</i> Terri Medford	1 PM <i>Aerobics for All</i> Kari Smith	1 PM <i>Intro to Aerobics</i> Donna Tomlinson	1 PM <i>Walking Rehab</i> Karen Ford	1 PM <i>Intro to Aerobics</i> Donna Tomlinson
6-7 PM <i>Intermediate Aerobics</i> Tommy Dodson	6:00-8:00 PM <i>Adult Water Volleyball</i> Michal Brock May 2 & 9 only			5:30-7:30 PM <i>Adult Water Volleyball</i> Tim Taylor

****Schedule is subject to change****



ALCO

Pool Class Descriptions

NOTE: ALL CLASSES BEGIN ON THE HOUR, AND END FIVE MINUTES BEFORE THE HOUR.

BASIC WARM WATER (Arthritis Foundation Based)

This class is suitable for those with moderate to severe joint pain or impaired mobility due to a medical condition. This low-impact class has an extended warm-up session and emphasizes range-of-motion and balance exercises and may include the use of aquatic equipment such as noodles, barbells, and paddles. This class has a short endurance section of 5 to 10 minutes that provides exercises, such as walking.

ACTIVE WARM WATER

This more active class is suitable for those with mild joint pain or impaired mobility, but whose lifestyle is less restricted by physical constraints than participants in the BASIC class. The class begins with a warm-up session and includes range-of-motion as well as strengthening exercises. Included is an extended endurance section that can build up to 10-15 minutes of low-to-moderate intensity activity and, of course, a cool-down session. Aquatic equipment may include noodles, barbells, paddles, and low-resistance dumbbells.

INTERMEDIATE AEROBICS

As you increase your endurance in aerobics, you may wish to advance to this class. There is a beginning warm-up which leads to the active aerobics of 5-10 minutes guided by music. The class ends in a cool down and stretches. Aquatic equipment may include noodles and dumbbells. Water shoes are highly recommended for this class.

ADVANCED AEROBICS

This class is for people who are physically fit and have little to no medical restrictions. This class is the most advanced and is a fast-paced and high-intensity aerobics workout of up to 40 minutes while music is playing. It starts with a warm-up, builds to a fast workout that will improve cardiovascular and respiratory capacity, and ends with a cool down and stretches. Aquatic equipment may include noodles and dumbbells. Water shoes are highly recommended for this class.

YOGA (AQUA)

Come get your ohm on. Breathe, stretch, relax - yum! The warmth and buoyancy of the water can enhance your yoga routine as the instructor guides you through such poses as Warrior I and II, Mountain, and Triangle. All levels are welcome. Don't worry...no underwater Downward Dog!

FREESTYLE

This supervised but unstructured class time allows you to "do your own thing," so it is ideal for those who are making up a missing class (because they can use the equipment and exercises designated in that class), but participants who just want to soak, stretch, walk, or to follow a routine recommended by a medical professional are welcome to do so. Participants are expected to be mindful of others in the pool and to heed the instructor's directions. There is no swimming.

WATER VOLLEYBALL

This is a great class to get some exercise while having fun! Two teams play against each other in a sometimes boisterous game. This class can get active, and playing will improve your range of movement, cardio, and endurance. It's so much fun you don't even realize you're exercising!