



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# BOLIVAR AQUA ZONE PROGRAM AND EVENT INTEREST SURVEY

In order to best serve you, please complete this program and event interest survey. Mark your response and bring to the Bolivar Y. Thank you for your participation.

The following is a list of conceptual programs and events

Please check program areas of interest	Check program areas of interest	List day(s) of week most likely to attend	Times of day most likely to attend
<b>AQUATIC EXERCISE CLASSES (all able to be modified)</b>			
<b>BEGINNER/LIGHT EXERCISE</b>			
Aqua Combo - Mix of Yoga, Dance, and Pilates	<input type="checkbox"/>	_____	_____
Aqua Explosion - Shallow water fitness	<input type="checkbox"/>	_____	_____
Aqua Express - Before and after pregnancy	<input type="checkbox"/>	_____	_____
Aqua Stretch & Tone - Low intensity	<input type="checkbox"/>	_____	_____
Aqua Yoga - Low-level water with yoga techniques	<input type="checkbox"/>	_____	_____
Beginner Water Exercise - Energetic low impact	<input type="checkbox"/>	_____	_____
Healthy Back Water Class - Supports a healthy back	<input type="checkbox"/>	_____	_____
Pre/Post Pregnancy - A safe specialized water class	<input type="checkbox"/>	_____	_____
Silver Splash - Senior exercise	<input type="checkbox"/>	_____	_____
Water Pilates - Low impact aquatic conditioning	<input type="checkbox"/>	_____	_____
Water Walking - Basic water walking	<input type="checkbox"/>	_____	_____
<b>MEDIUM INTENSITY EXERCISE</b>			
Aquacise - Mild to medium cardiovascular workout	<input type="checkbox"/>	_____	_____
Aqua Pump - Total body work out	<input type="checkbox"/>	_____	_____
Aqua Zumba - Water version of zumba	<input type="checkbox"/>	_____	_____
Deep Power Boot Camp - Deep water low & high intensity	<input type="checkbox"/>	_____	_____
Deep Water Hydro Pilates - Deep water pilates	<input type="checkbox"/>	_____	_____
Dynamic Aqua Fitness - Cardio, muscle, joint, and endurance	<input type="checkbox"/>	_____	_____
Family Water Exercise - Exercise for the family	<input type="checkbox"/>	_____	_____
Fluid Fusion - All ages cardio	<input type="checkbox"/>	_____	_____
Hydra Boot Camp - Low & high intensity	<input type="checkbox"/>	_____	_____
Poolmates - A mix of pilates and yoga	<input type="checkbox"/>	_____	_____
Surf & Turf - Cardiovascular and basic mat workout	<input type="checkbox"/>	_____	_____
<b>ADVANCED OR TOTAL EXERCISE</b>			
Aqua Fiesta - High energy water workout	<input type="checkbox"/>	_____	_____
Aqua Dancercise - Upbeat class with rhthym	<input type="checkbox"/>	_____	_____
Power Water Walking - Advanced water walking	<input type="checkbox"/>	_____	_____
Aqua Jogger - Deep water jogging/running	<input type="checkbox"/>	_____	_____
Advanced Aqua Jogger- Advanced deep water jogging/running	<input type="checkbox"/>	_____	_____
H2O - Deep and shallow water fitness	<input type="checkbox"/>	_____	_____
Water in Motion - Brisk, upbeat water workout	<input type="checkbox"/>	_____	_____
Water Kickboxing - Boxing moves in water	<input type="checkbox"/>	_____	_____

**THERAPY & REHABILITATION**

- Arthritis Class
- Joint Therapy
- LIVESTRONG - Cancer Survivor Class
- Youth Special Needs & Disabilities
- Adult Special Needs & Disabilities

Check program areas of interest	List day(s) of week most likely to attend	Times of day most likely to attend
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

**SWIM LESSONS & DEVELOPMENT**

- Youth Swim Lessons:
  - Parent/Child (age 6 mo - 3 years)
  - Pike (PreK-K)
  - Eel (PreK-K)
  - Rays (PreK-K)
  - Polliwogs (age 6-8)
  - Guppies (age 6-8)
  - Minnnows (age 6-8)
  - Fish (age 8+)
  - Flying Fish (age 8+)
  - Shark (age 8+)
- Adult Swim Lessons
- Private Lessons
- "YMCA SPLASH" - Water Safety & Basic Swim Instruction via School System
- Youth Stroke Development Classes/Clinics/Camps
- Adult Stroke Development Classes/Clinics

<input type="checkbox"/>	_____	_____
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**SWIM TEAM**

- Youth
- Middle School
- High School
- Other

<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

**GENERAL INSTRUCTION**

- Little Swimmers Playtime
- Children with Disabilities
- Diving
- Scuba or Snorkeling
- Homeschool Aquatics
- Guard and Swim Instruction Certification

<input type="checkbox"/>	_____	_____
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<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

**RENTAL**

- Recreational and Athletic Competitions
- Birthday or Group Parties Rental
- Full Facility Rental
- Pool Only Rental

<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

**LEAGUES**

Volleyball

Basketball

Wetball (Water Polo)

Underwater Hockey

Check program  
areas of interest

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- 
- 
- 

List day(s) of  
week most  
likely to attend

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Times of day  
most likely to  
attend

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other programs not represented above?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_