



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM, SPORTS AND PLAY

## FALL 2017

SESSION I: Sept. 11 - Oct. 29, 2017

SESSION II: Oct. 30 - Dec. 17, 2017

## ADULT WATER FITNESS

**A HEALTHIER YOU, A HAPPIER YOU**

Healthy living is an important part of the Y. Water fitness classes are a great way to exercise, and a great way to become involved in the Y Community. In water fitness, we have created a strong community of supportive and caring peers who work together to encourage and push each other to stay on track and accomplish goals. We offer a variety of classes to meet the needs of anyone who is interested in a water fitness class.

### FEES

Member—\$16.00

Non-Member—\$60.00

### H2O FITNESS

In this class, we use the water for resistance when working on cardio and muscle conditioning workouts. This class takes place in the deep and shallow ends.

Monday, Wednesday & Friday

8:30 - 9:15 AM OR

11:00 AM - 12:00 PM

Location—8 Lane Pool

### WATER EXERCISE

This class features low impact exercise to increase mobility, flexibility and range of motion.

Monday, Wednesday & Friday 9:15-10:00 AM

Location—Small Pool

### DEEP & SHALLOW WATER EXERCISE

Are you looking to exercise more and not sure where to begin? In the Deep & Shallow class, we work to condition your whole body with a low impact, high energy water workout! This class takes place in the deep and shallow ends.

Tuesday & Thursday 7:30 - 8:15PM

Location—8 Lane Pool

### THE ARTHRITIS FOUNDATION AQUATIC PROGRAM

This class is held in the Small Pool. The purpose of this class is to help relieve stiffness and pain. We also work to improve strength & range of motion, while also building endurance & flexibility. This course is approved and certified by the Arthritis Foundation. Funding provided by the Marion Community Foundation.

Monday, Wednesday & Friday 10:00 - 10:45 AM OR

Tues. & Thurs. 5:45 - 6:30 PM

Location—Small Pool

### ADULT NOODLE HOUR

The Small Pool is available *for adults only* (18 and older)

Monday - Friday 2:30—3:30 PM

Location - Small Pool

### SILVERSNEAKERS SPLASH

Silver Splash is a water fitness program designed to enhance each individual's quality of life and daily function. We work to enhance agility, range of motion, and cardiovascular conditioning. Participants will develop strength, balance and coordination. No swimming ability is required.

Tuesday, Thursday & Friday 9:30 - 10:15 AM OR

Tuesday, Thursday & Friday 10:30 - 11:15 AM

Location—8 Lane Pool

### WATER WELLNESS

Take the stress off your joints and improve overall endurance in this low intensity water class. This class is designed for those looking to improve flexibility, balance, and cardiovascular and muscular endurance.

Tuesday 6:30 - 7:30 PM

Location - Small Pool

