



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS AND PLAY

Summer Session I
 June 5 - July 8, 2017
Summer Session II
 July 10 - August 13, 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: \$14.00
 Program Participant: \$53.00

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
 8:30-9:15AM OR
 11:00 AM-12:00PM
 Location-8 Lane Pool

WATER EXERCISE

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

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

ADULT NOODLE HOUR

(Ages 18 and over)
 Monday - Friday 2:30-3:30PM
 Location - Small Pool
FREE FOR MEMBERS

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 9:30-10:15AM OR
 Tuesday, Thursday & Friday 10:30-11:15AM
 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.

Monday, Wednesday & Friday
 10:00-10:45AM OR
 Tuesday & Thursday
 5:45PM-6:30PM

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 6:30-7:30PM Summer I ONLY
 Location-Small Pool

