



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS AND PLAY

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

Program Participant-\$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

8:30-9:15AM 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

Winter Session I - Jan. 2-Feb. 19, 2017

Winter Session II - Feb. 20-April 9, 2017

Spring Session - April 10-May 28, 2017

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

Location-Small Pool

