

Y ADULT AQUATICS

Winter I Registration: Members- December 7 Community- December 14 Session: January 4-February 21
 Winter II Registration: Members- February 8 Community- February 15 Session: February 22-April 4

Winter 2010	Price		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Lessons	M	CM						
Teen	\$30	\$60				5:00-5:45 p.m.		8:30-9:15 a.m.
Adult	\$30	\$60		8:30-9:15 a.m.		5:00-5:45 p.m.		8:30-9:15 a.m.
4 Private Swim Lessons M- \$75.00 CM- \$100.00 4 Semi-Private M-\$112.50 CM-\$150 for up to 3 people 7 Private Swim Lessons M- \$130.00 CM- \$175.00 7 Semi-Private M-\$196 CM-\$260 for up to 3 people								
Water Aerobics	M	CM						
Arthritis	\$15	\$30		8:30-9:30 a.m.		8:30-9:30 a.m.		
Movers & Groovers	\$15	\$30	7:30-8:30 a.m.		7:30-8:30 a.m.		7:30-8:30 a.m.	
Women In Action	\$15	\$30	10:30-11:30 a.m.		10:30-11:30 a.m.		10:30-11:30 a.m.	
Shallow Water	\$15	\$30		6:00-7:00 p.m.		6:00-7:00 p.m.		7:45-8:30 a.m.*
Deep Water	\$15	\$30		6:00-7:00 p.m.		6:00-7:00 p.m.		7:45-8:30 a.m.*
* Free to YMCA Members								
<u>Adult & Teen Lessons</u> Designed to help non-swimmers feel comfortable in the water. Swimmers progress at their own pace and learn the enjoyment of water activities.								
<u>Private or Semi-Private Swim Lessons</u> Available for ages 4 to adult. This is the opportunity for you or your child to receive extra attention and practice. You can learn how to swim, perfect your technique or just get a little extra help. Private is for one person. Semi-Private is up to 3 people.								
<u>Water Aerobics</u> Water supports approximately 80% of your body's weight, thus relieving joints and reducing the chance for sore muscles. It is a great place to exercise. Join us in the pool and increase your joint flexibility, improve your circulation, burn calories, strengthen your muscles, and have fun.								
<i>Arthritis</i> Offered in collaboration with the Arthritis Foundation. Focus is on alleviating pain, improving range of motion and assisting in pain management.								
<i>Women in Action/Aquodynamics</i> This water aerobics class helps to limber joints, tone muscles, and burn calories without stress on the joints. All levels of fitness can be accommodated. Once a month there will be a social event or activity.								
<i>Movers and Groovers/ Water Aerobics</i> This class is a more vigorous version of Women in Action.								
<i>Shallow Water Aerobics</i> A high-intensity training program taught in the shallow end of the pool that combines both cardiovascular and muscle conditioning.								
<i>Deep Water Aerobics</i> A workout adaptable for all fitness levels that uses fun and intense combos in a high-impact workout in the deep section of the pool. A great class for anyone who has joint problems and is interested in a workout. Flotation belts are provided for this aerobics and muscle-toning water class.								