

Y WATER FITNESS™

We build strong kids, strong families, strong communities.



April 1-June 26, 2010

Adult Aquatic Classes are **FREE** for member of the YMCA - Save Money...Become a member. See back for Non-Member fees



WEST FAMILY BRANCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM					8:00-8:45 AM Deep Water Jog+	8:00-8:45AM Pilates in the Pool 8:15-9:00AM Water Kickboxing
8:30AM						
9:00AM 9:30AM	9:00-9:45AM Water Aerobics	9:00-9:45AM Deep water Jog	9:00-9:45AM Water Aerobics	9:00-9:45AM Deep water Jog	9:00-9:45AM Water Aerobics	
10:00AM 10:30AM	10:00-10:45AM Deep Water Jog+ & Water Walking	10:00-10:45AM Deep Water Jog	10:00-10:45AM Deep Water Jog+ & Water Walking	10:00-10:45AM Deep Water Jog	10:00-10:45AM Deep Water Jog+ & Water Walking	
11:00AM 11:30AM	11:00-11:45AM Rusty Hinges	11:00-11:45AM Rusty Hinges	11:00-11:45AM Rusty Hinges	11:00-11:45AM Rusty Hinges	11:00-11:45AM Rusty Hinges	
2:00PM 2:30PM	2:00-2:45PM Arthritic Exercise	2:00-2:45PM Arthritic Exercise Plus	2:00-2:45PM Arthritic Exercise	2:00-2:45PM Arthritic Exercise Plus	2:00-2:45PM Arthritic Exercise	
4:30PM		4:45-5:30PM Water Aerobics Combo		4:45-5:30PM Water Aerobics Combo		
5:00PM 5:30PM	5:00-5:45PM Deep Water Fitness				*5:00-5:30PM Intro to Water Aerobics	
6:30PM 7:00PM	6:30-7:15PM Water Aerobics	6:30-7:30PM Water Aerobics Plus	6:30-7:15PM Water Aerobics			

Monthly fees for non-members

- One day a week \$20.00
- Two days a week \$37.00
- Three days a week \$46.00

*Intro to Water Aerobics: Offered April 9th, 16th, May 7th, 21st, June 11th, 25th
+High Intensity Deep Water Jog

BINGHAMTON BRANCH

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30AM	8:45-9:30am Water Aerobics		8:45-9:30am Water Aerobics		8:45-9:30am Water Aerobics
9:00AM					
11:00AM		11:00-11:45am Deep Water Jog		11:00-11:45am Deep Water Jog	
11:30AM					

This symbol denotes that the class it is associated with has been deemed Activate America friendly and is suitable for beginners.



Aquatic Class Descriptions

- All classes include appropriate warm-up and cool-down exercises.
- Check with your physician prior to participation.
- Remember in most classes class pace and intensity are determined by the **individual participant**
- Please wear a bathing suit and bring a towel.
- If you are using the sauna, an extra towel to sit on is needed.
- Optional items: water shoes, water gloves, water bottle(encouraged), shampoo, soap, etc.
- **MWF 10:00am classes will be Water Walking in the shallow end and Deep Water Jog in the deep end of the pool. Pool will be divided to accommodate both classes.**
- ***"Deep Water Safe" means able to swim 25 yards comfortably and tread water for 30 seconds***
- To insure a safe and effective class, *please try to be on time and not enter a class more than 10 min late.*
- *Be Respectful of others, do not enter the pool until YOUR class' start time.*



INTRODUCTION TO WATER AEROBICS: This class teaches the basic moves used in water aerobics, as well as water safety & personal safety when participating in our water fitness classes. It is offered several times a month, and suggested that you participate in at least one of these before participating in one of our other classes to ensure that you practice safe exercise at our pool.

ARTHRITIC EXERCISE & ARTHRITIC PLUS: The program is designed to help relieve the pain and stiffness caused by arthritis while providing a fun, social opportunity. It is not necessary to know how to swim for shallow end participation in this class. Diseases associated with arthritis also benefit from this program. Check with your physician prior to participation in class. Water temperature is usually maintained at 87°F.

DEEP WATER FITNESS/JOGGING: Participants use floatation devices to suspend themselves in the water. Varieties of traveling and in place moves are done to challenge the muscles and provide a moderate to high intensity workout, with no impact to the joints. Although you do not need to be a swimmer, you must be comfortable in a water depth that is over your head & may be asked to complete a basic swim test.

PILATES IN THE POOL: This is a Low-intensity class. A class using buoyancy, resistance and gentle movement of water to strengthen muscles and enhance flexibility and posture for a great core class.

RUSTY HINGES: This is a Low-intensity class. For men and women with arthritis or post-surgical rehab. Flexibility, along with some aerobic training to raise both the heart rate and intake of oxygen. This class focuses on functional activities of daily living.

WATER AEROBICS: This is a Moderate-intensity class. This great exercise class uses water resistance to develop flexibility, muscle tone and cardiovascular fitness. The water buoyancy helps to alleviate any pounding on the joints, as in land exercise. All fitness levels are welcome. This is a shallow water class, so swim skills are not necessary.

WATER AEROBICS PLUS/COMBO: This is a High-Level class. A total body workout using shallow end activities with deep water segments. Participants will use equipment, and have challenging workouts for both cardiovascular and strength.

WATER KICK BOXING: This is a High-intensity class. A cardio-respiratory endurance program, combining kick box techniques with the added resistance of the water. This is a great cross-training class.

WATER WALKING: For active older adults this shallow water class is designed for those looking for a low-impact water workout. It includes balance, coordination, range of motion, strengthening and low aerobic work activities.