



# Adult Aquatics

We reserve the right to change the pool hours without notice depending on cancellation of pool programming. Thank you.

**The first 4 classes each member takes from the offerings below, in combinations with land fitness classes, each session, are free!**

## **Water In Motion NEW:**

This class is a mixture of water aerobics and dance. Monday night will be a higher intensity aerobic workout. Wednesday will be fun dancing and different ways to move in the aquatic environment.

Times: Mon. or Wed. 6:15pm-7:00pm

Fee: Y Members \$7.50, Nonmembers \$22.50

Instructor: Christie Kapelka

## **Water Works:**

This is a cardio water work out! Music and resistance equipment make for a fun work out!

Times: Mon. or Wed. or Fri. 9:00am-9:45am

Y Members: \$7.50, Nonmembers \$22.50

Instructors: Jackie Schiefer (Mon.am.), J. Frankart (Wed. & Fri. am)

## **Deep Water Jog:**

Exercise in a floatation belt in the deeper water. This is a great form of exercise using the water's natural resistance.

Times: Tue. or Thur. 6:15pm-7:00pm; Tue. & Thu. 9:00am-9:45am

Fee: Y Members \$7.50; Nonmembers \$22.50

Instructor: Tim Darr / Phyllis Richards (pm), Janet Frankart (am)

## **Silver Sneaker SPLASH (formerly AOA):**

Water exercise for the active seniors of our community. Class is held in the small pool. You do not need to know how to swim to participate.

Times: Tue. & Thu. 1:00pm-2:00pm

Fee: Members – FREE, Nonmembers \$3.00 per visit

Instructor Bonnie Hanson

## **Arthritis Aquatics:**

Slower paced exercises sanctioned by the Arthritis Foundation and the YMCA of the USA. This class is taught in our small pool with warmer water. This is a must for those with aches and pains of arthritis and other joint pains. ***This is not a therapy session nor do we claim to make anyone medically better.***

Times: Mon., Wed. & Fri. 1:00pm - 2:00pm; Instructor Dottie Riser

Tue. & Thu. 5:00pm - 6:00pm Instructor Phil/ Marla Holmes

Fee: Members FREE; Nonmembers \$3.00 per visit

8/21/2018