



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC GROUP EXERCISE

JUNE, JULY, AUGUST, 2022

ADULT GROUP AQUATIC CLASSES

**Group Exercise
Class Schedule**

Registration for June:

Y Members: 5/23
Program Members: 5/24

Registration for July:

Y Members: 6/20
Program Members: 6/21

Registration for Aug.:

Y Members: 7/25
Program Members: 7/26

Sessions are 1 month long.

Full payment for any class is required at the time of registration.

Class Minimums:

Each class has a minimum. That minimum number needs to be met in order for the class to take place. Classes not meeting the minimum number will be cancelled.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------------------|------------------------------|--------------------------------|------------------------------|------------------------------------|
| LAP POOL SCHEDULE-MORNING | | | | | |
| | Aqua Toning 7:45-8:30am | | Aqua Toning 7:45-8:30am | | Aqua Toning 7:45-8:30am |
| | Wet-N-Wild 8:45-9:30am | | Wet-N-Wild 8:45-9:30am | | Wet-N-Wild 8:45-9:30am |
| | | | | | Adult Swim Lessons 9:30-10:15am |
| LAP POOL SCHEDULE-AFTERNOON | | | | | |
| | Aqua Aerobics 12:00-1:30 pm | | Aqua Aerobics 12:00-1:30 pm | | Aqua Aerobics 12:00-1:30 pm |
| LAP POOL SCHEDULE-EVENING | | | | | |
| | Wet-N-Wild 5:00-6:00pm | Wet-N-Wild 5:15-6:15pm | Wet-N-Wild 5:00-6:00pm | Wet-N-Wild 5:15-6:15pm | |
| THERAPY POOL SCHEDULE-RUSTY HINGES | | | | | |
| | Rusty Hinges 8:00-9:00am | | Rusty Hinges 8:00-9:00am | | |
| | | Rusty Hinges 8:00-9:00am | | | Rusty Hinges 8:00-9:00am |
| | | Rusty Hinges 12:00-1:00pm | | Rusty Hinges 12:00-1:00pm | |
| | Rusty Hinges 5:00-6:00pm | | Rusty Hinges 5:00-6:00pm | | |
| | | Rusty Hinges 4:45-5:45pm | | Rusty Hinges 4:45-5:45pm | |

Adult Swimming Lessons

Fridays: 9:45-10:30am

Instructional class for adults 18 and older.

Beginners-working on front and back float.

Intermediates-comfortable with floating

Advanced Beginners-comfortable swimming length of the pool front and back.

FREE Y Members/\$20 Program Members

Aqua Aerobics

M/W/F 2:00-3:00pm

Instructor: Jacque Petersen

Get your heart pumping without the strain on your joints that comes with land exercise. This fitness class is for anyone 18 years or older regardless of swimming ability. Your hair doesn't even have to get wet.

\$15 Y Members/\$35 Program Members

Aqua Toning

M/W/F 8:00-8:45am

Instructor: Mary Ann Ray

Improve muscle strength, circulation and flexibility in this aquatics class for women 18 and older. No swimming ability necessary and hair need not get wet.

\$14 Y Members/\$32 Program Members

Wet-N-Wild

M/W/F 9:00-9:45am

Instructor: Bev McGowan

\$14 Y Members/\$32 Program Members

M/W 5:15-6:15pm

Instructor: Bonnie Burnett

\$12 Y Members/\$28 Program Members

T/TH 5:15-6:15pm

Instructor: Diane Walrod

\$12 Y Members/\$28 Program Members

A co-ed exercise in the water for those 18 and older. Improves muscle tone, circulation, and flexibility. Great overall cardiovascular workout and awesome social time!

Rusty Hinges

T/F 8:00am-9:00am

Instructor: Bonnie Fritz

T/TH 12:00-1:00pm

Instructor: Jacque Petersen

T/Th 4:45-5:45pm

Instructor: Kathy Nuddleman

M/W 8:00-9:00am

Instructor: Jane Papouchis

M/W 5:00-6:00pm

Instructor: Betty Kronos

Excellent aquatic exercise for man and women with arthritis. The warm water of our therapy pool helps to relax muscles and ease joints while our National Arthritis and YMCA of the USA Certified Instructor keeps you fit.

\$12 Y Members/\$28 Program Members