



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC GROUP EXERCISE

JANUARY, FEBRUARY, MARCH, APRIL, MAY 2023

ADULT GROUP AQUATIC CLASSES

**Group Exercise
Class Schedule
Registration for
JAN.:**
Y Members: 12/19
Program Members:
12/20

**Registration for:
FEB.:**
Y Members: 1/23
Program Members:
1/24

**Registration for
MAR.:**
Y Members: 2/20
Program Members:
2/21

**Registration for
APRIL:**
Y members: 3/20
Program Members:
3/21

**Registration for
May:**
Y members: 4/24
Program Members:
4/25

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.**

Monday	Tuesday	Wednesday	Thursday	Friday
LAP POOL SCHEDULE-MORNING				
Aqua Toning 8:00-8:45am		Aqua Toning 8:00-8:45am		Aqua Toning 8:00-8:45am
Wet-N-Wild 9:00-9:45am		Wet-N-Wild 9:00-9:45am		Wet-N-Wild 9:00-9:45am
				Adult Swim Lessons 9:45-10:30am
LAP POOL SCHEDULE-AFTERNOON				
Aqua Aerobics 2:00-3:30 pm		Aqua Aerobics 2:00-3:30 pm		Aqua Aerobics 2:00-3:30 pm
LAP POOL SCHEDULE-EVENING				
Wet-N-Wild 5:15-6:15pm	Wet-N-Wild 5:15-6:15pm	Wet-N-Wild 5:15-6:15pm	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

Instructor: Mary Ann Ray

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 2:00-3:30pm

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: Joan Curtis

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