



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aqua Aerobic Class Dates: October 23rd – December 15th

Registration: Full Privilege: October 2, 2017 – Program Members: October 9, 2017

Monday 10/23 -12/11

| Start | End | Class | Class Code | Full Priv. | Program |
|---------|----------|------------------------|------------|------------|---------|
| 8:45 AM | 9:30 AM | Shallow Water Aerobics | 02401-01 | \$65 | \$113 |
| 9:45 AM | 10:30 AM | Deep Water Aerobics | 02401-07 | \$65 | \$113 |
| 7:30 PM | 8:15 PM | Shallow Water Aerobics | 02401-02 | \$65 | \$113 |

Tuesday 10/24 – 12/12

| Start | End | Class | Class Code | Full Priv. | Program |
|----------|----------|----------------------|------------|------------|---------|
| 8:15 AM | 9:00 AM | Deep Water Strong | 02401-21 | \$65 | \$113 |
| 11:00 AM | 11:45 AM | Arthritis Locomotion | 02401-17 | \$65 | \$113 |
| 6:30 PM | 7:15 PM | Deep Water Aerobics | 02401-09 | \$65 | \$113 |

Wednesday 10/25 – 12/13

| Start | End | Class | Class Code | Full Priv. | Program |
|---------|----------|------------------------|------------|------------|---------|
| 8:45 AM | 9:30 AM | Shallow Water Aerobics | 02401-03 | \$65 | \$113 |
| 9:45 AM | 10:30 AM | Deep Water Aerobics | 02401-10 | \$65 | \$113 |
| 7:30 PM | 8:15 PM | Shallow Water Aerobics | 02401-04 | \$65 | \$113 |

Thursday 10/26 – 12/14 (No Class November 23rd)

| Start | End | Class | Class Code | Full Priv. | Program |
|----------|----------|----------------------|------------|------------|---------|
| 8:15 AM | 9:00 AM | Deep Water Strong | 02401-22 | \$57 | \$99 |
| 11:00 AM | 11:45 AM | Arthritis Locomotion | 02401-18 | \$57 | \$99 |
| 6:30 PM | 7:15 PM | Deep Water Aerobics | 02401-12 | \$57 | \$99 |

Friday 10/27 -12/15 (No Class November 24th)

| Start | End | Class | Class Code | Full Priv. | Program |
|---------|----------|------------------------|------------|------------|---------|
| 8:45 AM | 9:30 AM | Shallow Water Aerobics | 02401-05 | \$57 | \$99 |
| 9:45 AM | 10:30 AM | Deep Water Aerobics | 02401-13 | \$57 | \$99 |

Each class sold separately. Second class/day: \$32. /Additional classes/days: \$21.

- Class schedule subject to change based on instructor availability**

Questions? Contact: philip.rector@ymcadc.org

Aqua Aerobics Descriptions

Arthritis Locomotion: The focus for this class is on gentle range of motion, increasing flexibility, building muscle strength, and practicing good posture. A balance component is added to most classes. This class is beneficial to participants of all ages who experience joint stiffness, those who are preparing or recovering from surgery and women in the last months of pregnancy. We work in the shallow end of the pool. The supportive and friendly nature of this class encourages socialization. The instructor is usually in the water with the participants.

AM Shallow Water Aerobics: This class is designed to help student's burn calories, develop aerobic stamina, and strengthen the muscles through fast-paced moves and various pieces of resistance equipment in shallow water. Modifications are given for participant's varying fitness levels. Music used ranges from the 50s to the present. The instructor is usually teaching on the pool deck as opposed to in the water to give student thorough instruction.

PM Shallow Water Aerobics (Michelle): This class is designed to help student's burn calories, develop aerobic stamina, and develop muscle strength through various fast-paced moves and resistance in shallow water. Modifications are given for participants' varying fitness levels. Fun, energetic music is used.

AM Deep Water Aerobics: This high energy class uses flotation belts to provide a no-impact aerobic workout and build core strength in the deep end of the pool. Water resistance in all directions provides a great calorie-burning work out. This class is geared to all fitness levels from the out-of-shape or injury recovering to the super-trained. Various pieces of equipment are used for strength training and resistance. Music used ranges from 50s to the present. The instructor is usually teaching on the pool deck as opposed to in the water to give student thorough instruction.

PM Deep Water Aerobics Q: This high-energy class uses flotation belts to provide a no-impact aerobic workout and strength building in the deep end of the pool. Water resistance in all directions provides a great calorie-burning work out. Every muscle in your body will be worked to an energizing beat of fun music. This class is geared to all fitness levels from out-of-shape or injury recovering to the super-trained.

Deep Water X Training and Running (Kathy): A challenging, no impact workout of deep water running and interval training. Resistance equipment is used to work the upper body and abdominals. Participants can expect improvements in range of motion, hip flexibility, strength, endurance, and form. Perfect for cross-training land athletes, the injury-prone runner who wants to add more workouts, or those recovering from injury.

Deep Water Strong (Lane): Challenging, high intensity class conducted in deep water. New focus on both strength training and cardio activity. A variety of moves and equipment (noodles, flotation bells, balls and boards) are used to work the entire body.