



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO FITNESS

WATER EXERCISE

Cumberland Cape Atlantic YMCA

Spring II Session: April 22—June 15, 2024 (8 weeks);

(No Class Monday, May 27—7 weeks)

Class Options:

- ⇒ ****NEW! Aqua Barre:** Resistance based workout to improve coordination, strength, posture and balance in shallow water
 - Wednesdays 11:15am–12:00pm
- ⇒ **Deep Water Exercise:** Cardio and stretch workout with a exercise belt in deep end; must be able to swim in water over your head
 - Mondays and Thursdays 9:15–10:00am
- ⇒ **Shallow Water Exercise:** Cardio and stretch workout in shallow water
 - Tuesdays and Thursdays 10:10–11:00am OR Tuesdays and Thursdays 11:10–12:00pm
- ⇒ **Aqua Zumba Exercise:** Cardio class to music in shallow water
 - Tuesdays 6:45–7:30pm
- **Pool Volleyball:** Come play a fun pick up style game with your Y friends and other members! Free to facility members! No registration required. Wednesdays 10:00–10:45am

Registration dates and Fees

Facility Members: Registration begins April 1 - FREE

Program Members: Registration begins April 8 - Fees:

- Shallow or Deep Water Exercise - \$88.00 (2 X per week)
- Aqua Zumba or Aqua Barre - \$44.00 (1 X per week)

⇒ **In an effort to make classes accessible for as many members as possible, please register for only one (1 morning) class time slot.**

⇒ Registration required. Register with Member Services staff or on the Y website—www.ccaymca.org - "Online Account" for your class. Classes do fill quickly.

- If a class fills you will be put on the Waiting list and the Y will contact you if space is available for you to attend. Please do not attend if you are put on the Waiting list/class is full

⇒ All group land and water exercise classes are included in a Y Facility Membership!

Space is limited for all classes