



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER + YMCA = HEALTHY

YMCA of Vineland Water Exercise Programs - 2018

Summer Session: **June 25 through August 18** (no class Wednesday, July 4)

Registration Begins: **Facility Members:** Monday, June 4

Program Members: Monday, June 11

Fees:

- **Full Facility Members:** FREE! All classes are now included with your membership; please be sure to register for your class at the Member Service Desk, **space is limited for all classes**
- **Program Members:**
 - **2 day class:** \$77.00 (Program Members); M/W - \$72.00 (no class Wed, July 4)
 - **1 day class:** \$40.00 (Program Members)

	Monday	Tuesday	Wednesday (no class, July 4)	Thursday	Friday
Aqua Fit	8:30-9:30am		8:30-9:30am		
Joint Freedom		10:30-11:30am		10:30-11:30am	
Deep Water Workout	6:30-7:30am	9:30-10:30am	6:30-7:30am	9:30-10:30am	
Aqua Zumba				6:15-7:00 pm	

NEW for Facility Members!

All Land and Water Classes are now included as a Facility member benefit
Interested in taking additional classes?

Register at the front desk for as many classes as you plan to attend as long as space is available.





ADULT WATER ACTIVITIES

GROUP WATER EXERCISE

Come join the exercise classes! Our program offers water exercise routines that are a fun workout. Classes offer all the benefits of working out in the water- cardio workout, easy on your joints and open to all fitness levels. Come try it out!

Must register for each class you desire to attend; space is limited;
if put on the Waiting List, the class is full; we will contact you if a space opens up

Low/Intermediate Level Classes

Aqua Fit

Moderate level cardio class- building strength and endurance with minimal stress on delicate joints. Some use of equipment for light resistance exercises in this class.

Joint Freedom

Work all of your joints with strength, flexibility, endurance, and mild cardio exercises. Some use of equipment for light resistance exercises in this class.

Intermediate/Advanced Level Water Exercise

NEW Aqua Zumba-

Aqua Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind aquatic fitness program that will step up your exercise routine. Be ready to have fun!

Deep Water Workout

High intensity workout—core strength, flexibility using a flotation belt. Must be able to swim to side of pool without floatation equipment and comfortable in deep water. Includes 30 minutes of cardio workout.

TEEN & ADULT AQUATICS

\$ Teen & Adult Swim Lessons- Beginner/Intermediate

Classes are for non-swimmer through intermediate ability- Stages 1 – 3. Participants work at their own pace in a peer group setting.

Meets:

Saturdays, 8:00 – 8:45am

Summer Fees:

Saturdays (8 week session): Facility Member \$55; Program Member \$83

