



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO FITNESS



Fall 1 Water Exercise Schedule
September 6—October 27, 2022
Cumberland Cape Atlantic YMCA

CLASSES

Deep Water Exercise: Cardio and stretch workout with a exercise belt in deep end
Tuesdays 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 – 11:55am

Aqua Zumba Exercise: Cardio class to music in shallow water
Tuesdays 6:45 – 7:30pm

Registration dates and Fees

Facility Members: Registration begins—August 8; FREE

Program Members: Registration begins—August 15;
Shallow & Deep Water Exercise—\$84.00 a class (2 X/week)
Aqua Zumba—\$42.00 a class (1 X/week)

- May register for 1 class that meets 2 times a week—like either Deep Water OR Shallow Water.
- Must Pre-register for a class to attend.
- Register with Member Services staff or on the Y website—www.ccaymca.org- “Online Account” for your class.
- All group land and water exercise classes are included in a Y Facility Membership!

Space is limited for all classes