



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO FITNESS

WATER EXERCISE

Cumberland Cape Atlantic YMCA

Fall II Session: October 28 - December 21 2024 (8 weeks);

Class Options: (No Class Thursday, Nov 28 - 7 weeks)

- ⇒ **Aqua Fit:** A higher intensity workout with a variety of exercises in shallow water
- ⇒ **Aqua Barre:** Resistance based workout to improve coordination, strength, posture and balance in shallow water
- ⇒ **Deep Water Exercise:** Cardio and stretch workout with a exercise belt in deep end; must be able to swim in water over your head
- ⇒ **Shallow Water Exercise:** Cardio and stretch workout in shallow water
- ⇒ **Aqua Zumba:** Higher intensity cardio workout with music in shallow water

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:15-10:00am Deep Water Exercise	9:15-10:00am Deep Water Exercise		9:15-10:00am Deep Water Exercise
10:15-11:00am Aqua Fit	10:10-11:00am Shallow Water Exercise		10:10-11:00am Shallow Water Exercise
11:15am-12:00pm Aqua Barre	11:10am-12:00pm Shallow Water Exercise	11:15am-12:00pm Aqua Barre	11:10am-12:00pm Shallow Water Exercise
	7:30pm - 8:15pm Aqua Zumba		7:30pm - 8:15pm Aqua Zumba

Registration Dates and Fees

Facility Members: Registration begins October 7 - FREE

Program Members: Registration begins October 14

- Program Member Fees - Register for up to 3 Classes
 - \$44.00 PER CLASS—(Mon, Tues, Wed - 8 Weeks)
 - \$38.00 PER CLASS—(Thurs - 7 Weeks)

⇒ In an effort to make classes accessible for as many members as possible, please only register for a max of 3 time slots/class days of water exercise classes. Please know the Y is always looking to add more class time options as instructors become available!

⇒ 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 class if you have not been contacted first.

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

Space is limited for all classes