



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPLASH INTO FITNESS WATER EXERCISE

Cumberland Cape Atlantic YMCA

Spring I Session: February 26—April 18, 2024 (8 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 February 5- FREE

**Program Members:** Registration begins February 12- 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](http://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**