



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO FITNESS

WATER EXERCISE

Cumberland Cape Atlantic YMCA

Winter Session: January 6 - March 30 2025 (12 weeks)

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

- ⇒ **Aqua Fit:** A higher intensity workout with a variety of exercises in shallow water
- ⇒ **Aqua Zumba:** Higher intensity cardio workout with music 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
- ⇒ **Pool Volleyball:** Volleyball game played in the shallow part of the pool
- ⇒ **Shallow Water Exercise:** Cardio and stretch workout in shallow water

Important Class Information

- ⇒ All group land and water exercise classes are included FREE in a Y Membership! Space is limited for all classes

NEW for 2025

Members Do Not need to register for classes

WATER EXERCISE CLASS PARTICIPANT GUIDELINES— (PLEASE READ)

- Members Do Not need to register for classes starting 2025.
- All Group Exercise classes will be on a first come basis, and we recommend members arrive 15 minutes prior to class start time to sign in for your intended class.
- A clipboard will be located outside the pool door for Members sign in as they arrive. Please sign in for your class prior to changing & showering for the pool.
- To be fair, we ask that you do not sign in for another member that is not present.
- Once the designated number of spaces are full, based on capacity, and equipment, the class will be closed for that day.
- Members can try another class, or come back the next day that the class is being held.
- Instructors will take the sign in sheet off the clipboard 5 minutes before class starts and allow members in if there is space available.
- For class cancellations, members will need to visit our Facebook or YMCA360 app, and a sign will be posted at member services.
- Class may be cancelled due to low attendance.