



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLUID MOTION WATER PROGRAM

TENTATIVE
START DATE:
**FEBRUARY
10th
2026**

CLASSES FORMING NOW! SPOTS ARE LIMITED!

Fluid Motion Water Program

This 8-week program will be using the properties of water to help individuals with various conditions to improve their physical well-being. This class takes advantage of water's buoyancy, resistance, and warmth.



Meet Your Instructor:

Candice is a certified Yoga Alliance Instructor with over 30 years of experience.

She holds many certifications in yoga and is also an ACE certified Personal Trainer.

**TO GET STARTED,
MEMBERS CAN PRE-REGISTER
AT THE DESK.**

Once the full group has formed,
we will contact individuals

WHAT WE'LL FOCUS ON:

There will be a big focus on walking, stability breath work, stretch and flexibility, and strength and core work.

PROGRAM DETAILS:

Location: Held at the YMCA in the Kontes Pool

Schedule: Once Per Week (1-Hour Sessions)

Time: 11:15am – 12:15pm

PRICING:

YMCA Members: \$200 per participant

Studies have shown that exercising in the pool has led to improvements for those who suffer from arthritis, scoliosis, fibromyalgia, and other conditions.



Cumberland Cape Atlantic YMCA

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