

AQUATIC FITNESS PROGRAMS

Jan. 7 – Mar. 3, 2019

WINTER SESSION

AQUA JOG – A no impact, joint friendly class in the deep water using buoyancy belts and water barbells.

M, W

9-9:30am

OLDER ADULT WATER AEROBICS – Enjoy the benefits of a great workout in either the shallow end or the deep end of the pool. Improve your range of motion, flexibility, strength, and endurance while working at your own pace. You do not need to know how to swim.

M, TU, TH

11:15-12:15pm

SENIOR WATER EXERCISE – Experience the healing effects of the water with specialized exercises and stretches. Improve the range of motion, posture, and flexibility.

W, F

11:15-12:15pm

FEES: Sponsored by the Office of the Aging. Suggested donation.

AQUA FIT – Choose your own intensity level for a cardio and strengthening workout. Water barbells, noodles, and other equipment are provided as you exercise to music at either end of the pool.

M, T, W, Th

5:30-6:30pm

DEEP WATER FITNESS – Wrap up your workday with a water exercise class by certified and experienced instructors. Along with the cardiovascular benefits, you'll also improve flexibility and muscular endurance with no impact. Some swim skills required.

T, Th

7:40-8:40pm

PRE TEAM – Learn the rules and regulations of competitive swimming. This class prepares you for the Lake Champlain WAVES Pre-Team squad, modified middle school or high school swim teams. The Fish level must be passed to take this class.

T

6:30-7:30pm

FEES: Members: \$35 Non-Members: \$95

STROKE DEVELOPMENT – For ages 6 years & up. The child must be able to comfortably put their face in the water. The emphasis is on improving the skills for front crawl, breaststroke, treading water and diving. Flotation devices are not used.

W

4:45-5:30pm

FEES: Members: \$35 Non-Members: \$95

- All participants must register for each class at the front desk or on-line
- There must be a minimum of 5 registered in order for a class to run
- This sheet and all schedules are available at www.PlattsburghYMCA.com