

YWATER FITNESS™

We build strong kids, strong families, strong communities.



100-MILE CLUB

Swim and track your laps! This is an incentive program to encourage and reward those who are working hard or need the incentive to swim those laps. Tracking charts will be provided and prizes will be awarded for achievement of 100 Miles! Sign up: Set Goals, Swim Laps, Win Prizes...all at your YMCA! Registration required for charts and to qualify for prizes.

Fees:	FREE TO MEMBERS	
Greenville	Your Days	Your Time
Versailles	Your Days	Your Time

AQUA MOTION

This class offers a series of water exercises at a pace and intensity level suitable for a wide range of ages and fitness levels. Water resistance equipment will be used for building strength and flexibility while doing cardiovascular moves.

Fees:	Member: \$17	Other: \$44
Greenville	Mon/Wed/Fri	8:50-9:35 am
Instructor: Ronda Miley and Trish Day		
Greenville	Mon/Wed/Fri	9:40-10:25 am
Instructor: Pat Best and Trish Day		
Greenville	Tue/Thu	9:30-10:30 am
Instructor: Chris Boroff		
Versailles	Mon/Wed/Fri	9:00-9:45 am
Instructors: Gloria Quinter and Linda Stammen		

Fees:	Member: \$14	Other: \$40
Versailles	Mon/Wed	6:00-6:45 pm
Instructors: Deb Timmerman and Kathy Dapore		

AQUA POWER

This class will use various water resistance equipment to improve cardiovascular training and muscle conditioning for a total body workout. Shallow or deep end work out options. Float belts available.

Fees:	Member: \$17	Other: \$44
Greenville	Mon/Wed/Fri	8:00-8:45 am
Instructor: Ronda Miley and Trish Day		

AQUA JOG

This total body workout will inspire you to push your limits! The class will use the entire pool to tone, strengthen and tighten. THIS CLASS IS FOR ALL FITNESS LEVELS. Aqua Jog improves muscle tone, cardiovascular endurance, and flexibility while reducing stress to joints.

Fees:	Member: \$17	Other: \$44
Greenville	Mon/Wed	6:45-7:45 pm
Instructor: Kathy Williams		

American Red Cross Lifeguard Training

class at the YMCA teaches lifesaving skills, first aid, and CPR for the Professional Rescuer. Participants **MUST** attend all seven classes to pass and must be 15 years old by 2/15/2010.

Please Note: On the first day of class we will be the testing for the pre-skills (swim 300 yards, dive down 9 feet, retrieve a 10 lb. brick and swim 20 yards with the brick). If participants are unable to pass the pre-skills, they will not be allowed to continue with the class and a refund will be issued.

The registration deadline is December 30. You may register at either the Greenville or Versailles facility. If you have any questions, please contact Susan Ahrens at 548-3777, ext. 25 or sahrens@ymcadarkecounty.org.

Fees:	Member: \$150	Other: \$225
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Winter I Program Session Only

Greenville	Monday	6:15-9:30 pm
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AQUATIC SAQ (Speed, Agility & Quickness)

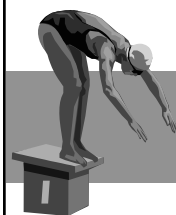
Come and get a great workout in the water! Coach Mark Pleiman will run the program to help participants gain cardio fitness as well as speed and agility. This water class will help your endurance and flexibility without the additional strain of the impact of the ground in a normal workout. The water also adds resistance as a bonus! Sign up to try this energetic and beneficial workout!

Fees:	Member: \$16	Other: \$40
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Winter II Program Session Only

Versailles	Tue/Thu	3:30-4:20 pm
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Instructor: Mark Pleiman



SUMMER SWIM WARM UP

Give your child a jumpstart to this summer's competitive local or YMCA swim program. Improve your stroke under the instruction of Shawn Agne, the VHS Swim Team Coach. He will work on all four competitive strokes, turns and wall starts. If you are a competitive swimmer, you will want to take this class!

- Level 1: Beginning Lap Swimmer; can swim across the pool in freestyle or backstroke.
- Level 2: Advanced Swimmer; can swim several laps in freestyle and backstroke AND has had some introduction to breaststroke and butterfly.

Winter II Program Session Only

LEVEL 1	Member: \$14	Other: \$44
Versailles	Thursday	4:20-4:50 pm
LEVEL 2	Member: \$19	Other: \$52
Versailles	Thursday	4:50-5:35 pm

Instructor: Shawn Agne