

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.

Spring Fees:	Member: \$17	Other: \$44
Summer Fees:	Member: \$12	Other: \$36
Greenville	Mon/Wed/Fri	8:50-9:35 am
Greenville	Mon/Wed/Fri	9:40-10:25 am
Greenville	Tue/Thu	9:30-10:30 am
Versailles	Mon/Wed/Fri	8:00-8:45 am
Versailles	Mon/Wed/Fri	9:00-9:45 am
Spring Fees:	Member: \$14	Other: \$40
Summer Fees:	Member: \$9	Other: \$32
Versailles	Mon/Wed	6:00-6:45 pm

AQUA POWER

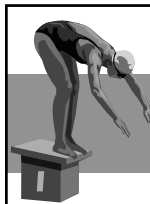
This class will use various water resistance equipment to improve cardiovascular training and muscle conditioning for a total body workout. Shallow or deep end work out options. Float belts available.

Spring Fees:	Member: \$17	Other: \$44
Summer Fees:	Member: \$12	Other: \$36
Greenville	Mon/Wed/Fri	8:00-8:45 am
Versailles	Tue/Thu	7:00-7:45 pm

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.

Spring Fees:	Member: \$17	Other: \$44
Summer Fees:	Member: \$12	Other: \$36
Greenville	Mon/Wed	6:45-7:45 pm



SWIMMER'S ADVANTAGE

Give your child a jumpstart to a competitive local or YMCA swim program. Participants 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.

Spring Program Session Only

Greenville	Member: \$19	Other: \$52
Level 1/Level 2	Thursday	6:00-6:45 pm
Instructor: Trudy Buchy - DCY Swim Team Coach		

Spring/Summer Program Session

Versailles	Member: \$14	Other: \$44
Level 1 (Spring)	Thursday	4:20-4:50 pm
Level 1 (Summer)	Monday	4:20-4:50 pm
Versailles	Member: \$19	Other: \$52
Level 2 (Spring)	Thursday	4:50-5:35 pm
Level 2 (Summer)	Monday	4:50-5:35 pm
Instructor: Shawn Agne - DCY & Versailles Swim Team Coach		

Arthritis Foundation YMCA Aquatic Program

The warmth, buoyancy, and resistive property of water can help decrease pain and stiffness and improve or maintain joint flexibility for those with arthritis.

Spring Fees:	Member: \$17	Other: \$44
Summer Fees:	Member: \$12	Other: \$36
Versailles	Mon/Wed/Fri	1:00-2:00 pm

AOA AQUATIC EXERCISE (Ages 55+)

This class is for those who are interested in exercise and stretching in warm water. This low-intensity class will include range of motion, flexibility and strengthening exercises as well as endurance intervals.

Spring Fees:	Member: \$17	Other: \$44
Summer Fees:	Member: \$12	Other: \$36
Versailles	Tue/Thu	9:00-9:45 am

WATER ZUMBA - NEW!

This class is a mixture of body sculpting movements with easy to follow dance steps all done while in the water. The resistance of the water will improve strength and flexibility, leading to better muscle endurance and balance.

Spring Fees:	Member: \$14	Other: \$40
Summer Fees:	Member: \$9	Other: \$32
Versailles	Thursday	8:30-9:15 pm