



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM, SPORTS AND PLAY

## ADULT WATER FITNESS

A HEALTHIER YOU, A HAPPIER YOU

Healthy living is an important part of the Y. Water fitness classes are a great way to exercise, and a great way to become involved in the Y Community. In water fitness, we have created a strong community of supportive and caring peers who work together to encourage and push each other to stay on track and accomplish goals. We offer a variety of classes to meet the needs of anyone who is interested in a water fitness class.

### FEES

**Member-\$14.00**

**Program Participant-\$53.00**

### H2O FITNESS

In this class, we use the water for resistance when working on cardio and muscle conditioning workouts. This class takes place in the deep and shallow ends.

**Monday, Wednesday & Friday**

**8:30 - 9:15 AM OR**

**11:00 AM - 12:00 PM**

**Location - 8 Lane Pool**

### WATER EXERCISE

This class features low impact exercise to increase mobility, flexibility and range of motion.

**Monday, Wednesday & Friday 9:15-10:00AM**

**Location - Small Pool**

### ADULT NOODLE HOUR

(Ages 18 and over)

**Monday - Friday 2:30 - 3:30 PM**

**Location - Small Pool**

**FREE FOR MEMBERS**

### SILVERSNEAKERS SPLASH

Silver splash is a water fitness program designed to enhance each individual's quality of life and daily function. We work to enhance agility, range of motion, and cardiovascular conditioning. Participants will develop strength, balance and coordination. No swimming ability is required.

**Tuesday, Thursday & Friday 9:30-10:15 AM OR**

**Tuesday, Thursday & Friday 10:30 - 11:15 AM**

**Location - 8 Lane Pool**

### THE ARTHRITIS FOUNDATION

#### AQUATIC PROGRAM

This class is held in the Small Pool. The purpose of this class is to help relieve stiffness and pain. We also work to improve strength & range of motion, while also building endurance & flexibility.

Sponsored in part by the Marion Community Foundation

**Monday, Wednesday & Friday 10:00 - 10:45AM OR**

**Tuesday & Thursday - 5:45PM - 6:30PM**

**Summer Session I-** June 4-July 8, 2018

**Summer Session II-** July 9-August 12, 2018

### PRIVATE SWIM LESSONS

These lessons are designed to give participants individualized attention in order to improve or master their swimming skills. The instructor and the participant/parent determine their goals for the session. Contact the Aquatics Director.

4 Lessons at 30 Minutes Each

**FEE: Member: \$70**

**Program Participant: \$115**

**Contact Keri Fry at**

**kfry@marionfamilyymca.org**

