

Water Fitness Schedule

August 28th - November 12th, 2011



All times are subject to change without notice
YWCA Closed Labor day September 3rd-5th 2011

Prices Basic & Open Members \$5.50 Water Fitness & Ywide Members \$0 Non-Members \$10.00 daily rate	Strength & Power 10 & up	Aqua Attack 10 & up	Water Dynamics 10 & up	Aqua Step It Up 10 & up	Water Gym 10 & up	Water Works 10 & up	Aqua Fit 13 & up	Aqua Stretch 13 & up
Monday	NA	NA	NA	NA	6:30-7:30pm	8:00-9:00am	9:00-10:00am	10:00-10:30am
Tuesday	6:00-7:00am	5:30-6:30pm	8:00-9:00am	NA	NA	NA	10:30-11:30am	NA
Wednesday	NA	NA	NA	6:30-7:30pm	NA	8:00-9:00am	NA	NA
Thursday	8:00-9:00am	5:30-6:30pm	6:00-7:00am	NA	NA	NA	9:00-10:00am	NA
Friday	NA	NA	NA	NA	NA	8:00-9:00am	10:00-11:00am	NA
Saturday	NA	NA	NA	NA	7:00-8:00am	NA	NA	NA

Water Fitness & Locker Room

Age Requirements

Ages 9 & under

Children under the age of 10 are not allowed to participate in YWCA Water Fitness programs

Ages 10 & up

Children ages 10 to 12 must be accompanied by an adult and provide the YWCA with a doctor's note.

Must use gender appropriate locker rooms

YWCA of Central Maine
130 East Avenue
Lewiston, Maine 04240
Tel: 795-4050
Fax: 795-4053
www.ywcamaine.org

HOURS OF OPERATION

Monday 5:15am-8:00pm
Tuesday 5:15am-8:00pm
Wednesday 5:15am-8:00pm
Thursday 5:15am-8:00pm
Friday 5:15am-8:00pm
Saturday 6:45am-1:00pm



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Descriptions of Water Fitness Classes



Strength & Power: This class will use weights to tone the upper limbs and combines various resistance exercises designed to target the musculature of lower body and core. The resistance of the water is 12 times that of air. Moving through the water, much more force is exerted which will improve strength, balance, and posture.

Aqua Attack: A variety of aqua aerobics, combined with kicks, jabs and punches creates a great aerobic work-out. May also include weights, noodles, kickboards and deep water exercise. This is a low impact work-out designed to have less wear and tear on your joints.

Water Dynamics: An aerobic work-out including weights, noodles, balls, and kickboards; as well as various lower body exercises designed to increase muscular, strength and endurance, cardiovascular fitness, and joint flexibility and range of motion.

Aqua Step It Up: Step aerobics in the shallow end of the pool combined with weights provide a great cardiovascular and muscle strengthening work-out, combined with deep water flexibility and endurance exercises.

Water Gym: This class includes interval, and circuit, training that target muscular strength and endurance. Exercises may include use of weights, noodles, balls, and kickboards.

Water Works: A combination of shallow and deep water work-outs, including aqua aerobics, jogging, strength and resistance training.


Aqua Fit: A low impact shallow water class using a variety of exercises to increase cardiovascular improve stamina function, strengthen and tone muscles, , flexibility and range of motion

Aqua Stretch: A variety of stretching exercises in shallow water focusing on improving balance, flexibility, circulation and breathing.



HAZARDOUS WEATHER POLICIES:

In the event that a storm involving lightning in the immediate area, the YWCA staff will clear the pool. Patrons will not be allowed to return to the pool until 10 minutes after the last lightning strike.



During inclement weather the YWCA of Central Maine will post late opening, early closings and closing statements on local TV channels 6, 8 and 13. The YWCA will also change its ext. 110 answering service message with this information. To access this line please dial 795-4054 ext. 110