

Y WATER FITNESS™

We build strong kids, strong families, strong communities.

Class times	Type of Class
8:00-9:00am MWF	Water Fitness
8:00-9:00am T Th	Water Arthritis
8:00-9:00am T Th	Deep Water Walking <i>No Instructor</i>
9:30-10:30 T Th	Water kickboxing
10:30-11:30 T Th	Deep Water Exercise
11:00-noon MWF	Water Arthritis
Noon-1:00pm MW	Water Fitness with Lyn
Noon-1:00pm TTh	Sr Water Fitness with Amy
6:00-7:00pm MW	Water Fitness with Lyn
6:00-7:00 pm T	Deep Water Workout with June
7:00-8:00pm Th	Water Fitness with June

Why Water Fitness?

Non-Swimmers and Swimmers can enjoy exercising in the water. Water provides a low impact environment which opportunities to increase your cardiovascular endurance, muscular strength, and flexibility. Regular participation in water exercise will enhance your activities of daily living; reducing emotional stress, improve health and physical appearance, and encourage feelings of well-being and self-esteem.

2010 Session Schedule

Registration

Sept 7-Sept 13
Nov 1-Nov 7

Session

Sept 13-Nov 7
Nov 8-Jan 2

Class Fees:

Classes are **free** to Norwich Y members. Non-member fees per session:

Once a week	\$80	Srs \$70
Twice a week	\$160	Srs \$140
Three times week	\$240	Srs \$210
Day Pass	\$10	

Class Descriptions

Water Fitness is a moderate to high level cardiovascular workout. This low impact workout is designed to work every major muscle group. The water's buoyancy decreases stress on hips, knees, ankles and feet. Great workout for any age. Join the class to elevate your heart rate and tone your muscles!

Water Arthritis classes follow the guidelines of the Arthritis Foundation, providing exercises for mobility, flexibility and stretching. These classes are designed for those with arthritis, MS and related conditions. Classes cover movements to strengthen posture, balance, core strengthening, range of motion, and flexibility.

Water Kickboxing combines creative kickboxing choreography with high energy rebounding drills for an explosive pool extravaganza that will appeal to anyone looking for a challenging and fun water workout!

Deep Water Workout is an advanced class for those who have already participated in Water Arthritis classes. Following Arthritis Foundation guidelines this class continues to target posture, coordination, and range of motion, while requiring more strength in the core. Swimming skills are not necessary, although comfort in the deep water is a must!

Deep Water Walking is a class allotted pool time without an instructor. The deep end of the pool is made available for participants to wear a jog belt and work to their own pace at endurance and strength training.

Water Fitness with Lyn will get your blood moving and your heart pumping! This is a great cardiovascular and endurance class. A variety of movements and combinations designed to work all major muscle groups.

Sr Water Fitness with Amy is a low to moderate level cardio workout. Srs join peers to experience a workout where the instructors leads through a variety of movements and combinations. Abdominal, arm, and leg exercises are conducted with various pieces of equipment.

Deep Water Fitness with June takes place in the deep water, utilizing buoyancy, resistance and the gentle movement of the water to strengthen muscles and enhance flexibility. A good class for participants who want a great workout!

Water Fitness with June is a moderate to high level cardio workout. June combines a variety of fitness moves to work all muscle groups to provide strengthening and toning. A great class to get you moving!



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