



Water Fitness at the Y



JUNIATA VALLEY Y
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE HEALTHY BENEFITS:

There are many benefits to using different types of water fitness as a means of exercise in a healthy lifestyle. You can use water fitness in the following ways:

1. Improve cardiovascular strength
2. Build endurance
3. Enhance flexibility and joint mobility
4. Increase muscle tone
5. Expand cross training skills
6. Develop friendships

Water Fitness is for everyone. Water is great for those recovering from an injury or for those just getting started in fitness for a healthy lifestyle. Water can be used in addition to your land based exercise routine for cross training to allow for increased range of motion, flexibility, and reduced soreness. Classes can be adjusted to everyone's individual fitness level.

CHILD WATCH HOURS

for children 6 months and older

Cost: M \$10 NM \$20 per 10 hour pass

Due to the decline in the need for Child Watch, we will be modifying hours for this member service. Starting September 1st, NO evening Child Watch hours will be offered and morning hours will be modified to 8:30-10:00 am. **Parents must remain in the YMCA facility while using the service. 24-Hour notification of intent is required.*

ADDITIONAL INFO:

All water fitness classes must have sufficient participation each time for the Y to continue to offer the class. A minimum of two people need to be present per class for instruction. Classes requiring a water pass may be purchased at the front desk. Each pass is good for 8 Classes—M \$15 NM \$34. Water pass cards are kept by the instructors. Each class takes attendance which is then deducted from participants cards. When the card is full, or all 8 classes have been taken—the instructor will notify the participant to get a new card. Water passes may be used by one or multiple classes. A separate card is not needed for each class.

POOL TRAINING—Any Day Any Time

Meet with the Aquatic Director and learn how to use the various equipment appropriately and in the most beneficial ways for exercise. Prior arrangements can be made by contacting Amy.

M FREE NM \$7

*****RANKING OF CLASSES:**

1 - EASY 4 - HARDEST

SPLISH SPLASH

Runs Year Round (2*)**

FREE for all YMCA Members - Strictly shallow water only to help improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Class uses a kickboard to develop strength, balance and coordination.

MONDAY/WEDNESDAY

11 AM—NOON AMY & ROXANNE

JACKIE'S CLASS

Runs Year Round (1*)**

Basic water exercise class, mainly in shallow water. No swimming ability is required. Designed to work your sore joints, improve your flexibility and improve your range of motion in a relaxed environment and easy going pace. This is a good class for people that want to relieve some soreness, or people that want a low impact workout. Water Pass is required.

MONDAY/WEDNESDAY/FRIDAY

9-10 AM JACKIE

AQUAFIT

Runs Sept. thru May (3*)**

Great exercise class, set to music that will improve and maintain coordination, flexibility, balance and muscular strength. Workout uses both deep and shallow water exercises at a moderate pace. Flotation belts, water weights, kickboards and a variety of equipment available. Water Pass is required.

TUESDAY/THURSDAY

9-10 AM PATTY & JENNA

WATER WORKOUT

Runs Sept. thru April (4*)**

A non-stop, adrenaline pump fast paced class using deep and shallow water exercises to build cardiovascular health as well as muscular strength and flexibility. A great way to work the entire body without the impact of the gym—use of flotation belt. Water Pass is required.

MONDAY NIGHTS

7-8 PM CARLA & AMANDA