

Aquatics

Whirlpool Cleaning Schedule
 Closed from 1-5 PM on 6/7, 7/12 & 8/16
 *With new filter, only monthly cleaning is needed.

Water Fitness Classes (free for members) valid through August 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-7:45 AM ^{Lou} STRETCH-N-FLEX		7-7:45 AM STRETCH-N-FLEX		7-7:45 AM ^{Lou} STRETCH-N-FLEX	
8-8:45 AM ^{Lou} TONE-N-FLEX	8-9 AM YOUNG AT HEART	8-8:45 AM TONE-N-FLEX	8-9 AM YOUNG AT HEART	8-8:45 AM ^{Lou} TONE-N-FLEX	8-9 AM ^{Heather} AQUA ZUMBA
9-9:45 AM ^{Lou} WATER CARDIO	9-9:45 AM ^{Kristi} WATER PILATES	9-9:45 AM ^{Lou} WATER CARDIO	9-9:45 AM ^{Kristi} WATER PILATES	9-9:45 AM ^{Lou} WATER CARDIO	8-9 AM ^{Heather} WATER IN MOTION
11-11:45 AM ^{Patty} WATER CARDIO	11-11:45 AM ^{Serena} ARTHRITIS	10-11 AM ^{Patty} WATER IN MOTION	11-11:45 AM ^{Serena} ARTHRITIS	11-11:45 AM ^{Patty} WATER CARDIO	<div style="border: 1px solid red; padding: 5px;"> Zumba and WIM alternate every other Saturday Zumba: 5/28/, 6/11, 6/25, 7/9, 7/23, 8/6, 8/20 WIM: 6/4, 6/18, 7/2, 7/16, 7/30, 8/13, 8/27 </div>
11-11:45 AM ^{Serena} DEEP WATER	11-11:45 AM ^{Kristi} DEEP WATER	11-11:45 AM ^{Linda} WATER CARDIO	11-11:45 AM ^{Kristi} DEEP WATER		
1-1:45 PM ^{Joie} ARTHRITIS	12-1 PM ^{Serena} WATER IN MOTION	11-11:45 AM ^{Kristi} DEEP WATER	12-1 PM ^{Patty} WATER IN MOTION	1-1:45 PM ^{Joie} ARTHRITIS	
6:30-7:30 PM ^{Teddy} WATER IN MOTION	7-8 PM ^{Natalie} WATER CARDIO	1-1:45 PM ^{Joie} ARTHRITIS	7-8 PM ^{Linda} WATER CARDIO		
		7-8 PM ^{Linda} WATER CARDIO			

Aquatics Fitness Class rates for non-members:

• \$45/5 classes • \$88/10 classes • \$128/15 classes • \$165/20 classes • \$200/25 classes

Water Fitness Classes

Aqua Zumba incorporates dance and fitness moves to mostly Latin music. This class offers cardio conditioning and body toning.

Arthritis is a certified Arthritis Foundation program aimed at those suffering from arthritis and other joint problems. A physician's approval is recommended.

Deep Water is a non-impact class designed to get your body in shape as you remain suspended in deep water. Flotation devices are used.

Stretch-N-Flex is a mild cardiovascular program designed to improve balance and stamina. Takes place in shallow water.

Tone-N-Flex will get those muscles in shape while working your heart. This is a higher cardio class.

Water Cardio is a fast-paced cardio workout in the shallow end.

Water in Motion is a high-energy, calorie-burning workout.
www.waterinmotion.com

Water Pilates will tone and strengthen core muscles. Great for balance and posture for both men and women.

Young at Heart is a high-energy program combining aerobics, toning, and stretching.

Private Swim Lessons (Age 3 +)

You may arrange the day and time suitable to your schedule for half-hour, one-on-one instruction with a certified Instructor.

Private 1 on 1 Lessons

# of lessons	1	6	10	12
M+	\$27	\$150	\$230	\$250
M	\$32	\$180	\$280	\$312
NM	\$37	\$200	\$310	\$350

First Time Buyer Special

6 Lessons: M+ \$110 • M \$130 • NM \$160

Private Partner Lessons

Price listed below is price is per person.

# of lessons	1	6	10	12
M+	\$20	\$115	\$180	\$205
M	\$24	\$135	\$210	\$228
NM	\$28	\$160	\$240	\$265

Maximum number of 2 people at same swim level. The JCC is not responsible for partner pairing, this must be done by the buyer.

For more information or to schedule private lessons, contact Patty Smith Neidigh by phone or email at: patty@yorkjcc.org

