



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Parkwood Adult Aquatic Summer 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM						
8:30 AM	Water Aerobic		Water Aerobics		Water Aerobics	
9:15 AM	Water Aerobic Stretch		Water Aerobic Stretch		Water Aerobic Stretch	
9:00 AM		Arthritis Aquatics		Arthritis Aquatics		
7:15pm			Adult Beginning			
7:45 PM	Water Aerobics		Water Aerobics			

Adult Beginning Begins Wednesday June 14th For 6 weeks

Prices Vary
 See Class Description

New Times Begin : The week of June 12

All Water Aerobics and Free for Members!
 Non-Members \$85.00



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Parkwood Summer 2017

Adult Beginner Class Wednesday 7:15 pm

The adult will learn how to be comfortable in the water while learning safety, basic swimming skills and progress towards swimming laps.

Y Members \$35.00 Non-Members \$55.00

Water Aerobics Mon-Wed-Fri 8:30-9:15 am All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water. Beginner - Advanced.

Y Members FREE, Non-Members \$85.00

Arthritis Aquatics Tues-Thurs 9:00-10:00am

A water based exercise program specially designed by the Arthritis Foundation and the YMCA to help people with arthritis reduce pain and inflammation, increase mobility, and have fun! Beginner - Advanced.

Y Members FREE, Non-Members \$85.00

Water and Stretch M-W-F 9:15-10:00am

All Fitness levels are welcome, and no swimming ability is required. Enjoy an Aerobic with stretching and toning exercises designed to help with your overall Fitness

Y Member Free Non-Members \$85.00