

## WATER EXERCISE CLASS RESERVATIONS

Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class. Download our mobile app. Search: "Marshfield YMCA" available on the app store or google play. Select "Find a Class" from the home screen to access our reservation page.

The first time you use the reservation system, it will ask you to register using your name, email address, and password of choice. This will ensure you have a dedicated spot in our upcoming class offerings, and also allow access to add yourself to a waitlist for a class or cancel your upcoming reservation. Written instructions are available at the Y's Welcome Center or on our website.



## WATER EXERCISE FEES

### Y-MEMBERS: FREE

Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class. Download our mobile app to access our registration page.

### NON-MEMBERS: DAY PASS FEE

Individual = \$10

Family = \$25

## CONTACT

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Healthy Living Director

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## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

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[www.mfldymca.org](http://www.mfldymca.org)



TOGETHER ENRICHING LIVES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE HEALTHY BE STRONG BELONG



## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

# Adult & Teen Aquatic Classes & Programs

# NOVEMBER 2024

## WATER EXERCISE

Join our water exercise instructors in the small or large pool for a fun and challenging workout. Work at your own ability level during a variety of water exercise classes with the encouragement from friendly, welcoming classmates. Water exercise classes utilize the resistance and buoyancy of the water to improve cardiovascular fitness, strength and flexibility. The Y's free water exercise classes provide motivation, aerobic choreography, improved cardiovascular endurance, and muscle conditioning/toning by using the buoyancy and resistance of the water. Non-swimmers welcomed.

This brochure includes detailed descriptions of our current offerings.

A complete water exercise schedule can be found at the YMCA Welcome Center, online at [mfldymca.org](http://mfldymca.org) or on our mobile app.

Participation is easy - just download our mobile app, click on "FIND A CLASS", reserve your spot, and plan on arriving 5-10 minutes before the start of class.

## AQUA ZUMBA

Known as the Zumba "pool party", Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Tuesdays/Fridays 8:00-8:45 am**

## ARTHRITIS AQUATIC EXERCISE

This therapeutic, non-impact class uses the buoyancy of water to support your body, reducing stress on weight bearing joints while improving flexibility and muscle tone. Class format consists of mild water exercises designed to safely move joints through a full range of motion. This class is appropriate for those impacted by arthritis, posture and balance issues, orthopedic/neuromuscular conditions or other physical limitations.

**Thursdays/Fridays 8:30-9:15 am**

## WATER EXERCISE

Enjoy the benefits of shallow and deep water workouts designed to improve cardiovascular health and fitness by focusing on aerobic exercise, muscle toning, and strengthening your entire body. This class uses aqua jogger belts in the deep water so no swimming ability is needed.

**Mondays/Wednesdays/Fridays 9:00-10:00 am**

**Tuesdays/Thursdays 5:30-6:30 pm**

## SENIOR WATER EXERCISE

Jump on into the warm water. This class, held in the shallow water of our small pool, helps improve flexibility, range of motion, balance and cardiovascular health without the stress of weight bearing on joints. Be ready for a full body workout without the pain of regular day to day activities.

**Mondays/Wednesdays 8:30-9:15 am**

**Wednesdays 12:00-12:45 pm**

**Fridays 9:20-10:05 am**

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

These lessons are for youth and adults, **3 years and up**, and are adjusted to fit the specific needs of the student(s). This is your chance to get undivided attention and instruction from one of our experienced swim instructors. Those who require hands-on assistance in the water must be accompanied in the water by an adult from the same household. To register, complete a private swim lesson form at the Welcome Center. Lessons are subject to the availability of instructors. Lesson length is 30 minutes.

**Fee Per Lesson:**

**Y-Member: \$25 · Participant: \$50**

## BEYOND BARRIERS SWIM LESSONS

For adults, teens and children with special needs who may find it difficult to learn to swim in a group environment. Those who require hands-on assistance in the water must be accompanied in the water by an adult from the same household.

**Fee For 6 Lessons:**

**Y-Member: \$50 · Participant: \$70**

For more information regarding swim lessons, contact Jade Hollatz, Assistant Aquatics Director, at [jhollatz@mfldymca.org](mailto:jhollatz@mfldymca.org)