

VALUE ADDED CLASSES:

COMPLIMENTARY WITH FULL YMCA MEMBERSHIP

ARTHRITIS FOUNDATION AQUATICS PROGRAM

A program especially designed for those with arthritis. This program provides the participant with gentle aquatic activities under the guidance of an Arthritis Foundation-trained instructor. Swimming skills are not required.

SILVERSPLASH™

Heathway's older adult group's water fitness program designed to enhance each individual's quality of life and daily function. SilverSplash utilizes the physical properties of the water to enhance agility, range of motion and cardiovascular conditioning.

AQUA TAI CHI

Discover the holistic power of Tai Chi. This class will focus on range of motion and flexibility, with low impact and peaceful exercise. Slow, fluid motions with deep breathing can help dispel the stress and anxiety of chronic illness. This program is not meant to replace medical assistance, but works in conjunction with it through a holistic healing approach in the Tai Chi tradition.

MS WATER EXERCISE

Specially designed program by the MS Society to help coordination, strength and balance.

WATER VOLLEYBALL

Shallow water activity playing Volleyball.

AQUA JOG

A no impact workout in the deep end of the pool that uses different strides and several bilateral exercises. This is a great aerobic workout wearing a floatation device.

AQUACISE

Less intense than Aqua Aerobics, this class focuses on using the natural resistance of the water to develop muscle and increase range of motion.

AQUA AEROBICS

High intensity, low/no impact cardio workout. This full body workout is a combination of cardio respiratory endurance, muscle conditioning and interval training. Classes are held in shallow or deep water. Swimming skills are not required.

AQUA KICKBOXING

Looking for something new? Aqua kickboxing is your answer. This class consists of high energy combinations of kicking, punching, and aerobic moves designed to keep you moving. This is a high intensity class and will push you to your limit. Swimming skills are not necessary to participate in this class.

AQUA ZUMBA

Movements of Zumba dance are adapted in the pool. A great workout to increase aerobic endurance, muscular resistance, flexibility and joint mobility all at the same time.

Credit Policy

After the first class of the session has occurred, credits or refunds are given only with a physician's note documenting inability to participate in the class.

Inclement Weather Policy

Refunds, credits or make-ups will not be issued due to inclement weather.



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