



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN CLASSES FAMILIAR FACES YOUR YMCA

## WATER EXERCISE at your Farmington Valley YMCA



DAY / TIME	CLASS	POOL
Mon/Wed 8:15AM	Healthy Back with Judy	Dive Pool
Mon/Wed 9:00AM	Water Exercise with Emily	Dive Pool
Tues/Thr 8:30AM	Water Exercise with Darice	Dive Pool
Tues/Thr 10:00AM	Water Exercise with Rita	Dive Pool
Tues/Thr 11:00AM	Water Exercise with Rita	Dive Pool

\*Substitute instructors may be scheduled as necessary.

Facility Members: **FREE!**  
Guest welcome at our daily facility rate

All Classes are 45m  
Warm Water pool is 89 degrees

### HEALTHY BACK

This aquatic class is for individuals whose back problems do not require treatment by a health care provider. The water's buoyancy and resistance strengthen and balance the muscles, offering relief from the pain and discomfort experienced by many. Participants should be able to swim and be comfortable in deep water.

### WATER EXERCISE

All water exercise classes are tailored to individual participants. Instructors will guide beginners and provide modifications for advanced participants. Classes include a warmup and a combination of light stretching, endurance and cardiovascular exercise. Please advise your instructor if you are a non-swimmer.

Posted 4/11/17