



DOWNTOWN YMCA

146 Arsenal Street
Watertown, New York 13601

For program questions contact:
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For more information on programs,
memberships, services, and to
register: watertownymca.org

**Check out these other great
YMCA programs:**

- Swim Lessons
- Blue Sharks
- Pool Birthday Parties



OTHER GREAT PROGRAMS

GATEWAY FINANCIAL SCHOLARSHIP

To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA**, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.

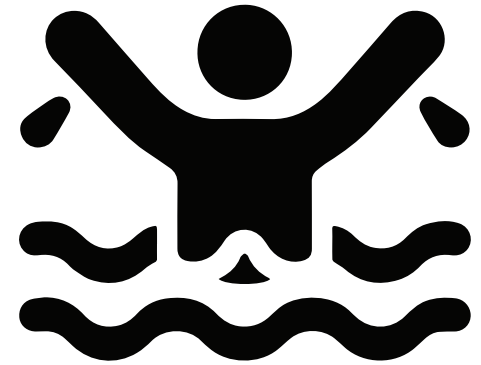
For more information on programs,
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www.watertownymca.org



Northern New York
Community Foundation



**DOWNTOWN
AQUATIC GROUP
FITNESS CLASS
DESCRIPTIONS
ADULT 18+**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC GROUP EXERCISE PROGRAM OPTIONS

FREE WITH MEMBERSHIP CLASSES

Arthritic Aquafit

This moderate water exercise program is designed specifically for arthritis sufferers in a heated pool. Participants work on a range of motion, muscle strengthening, and endurance-building exercises.

Social Volleyball

A recreational version of volleyball played in the pool where the focus is on fun and social interaction rather than intense competition.

Aqua Tabata

A high-intensity, interval exercise program designed in intervals of 20 seconds of high-intensity aerobic exercise followed by 10-second rest intervals.

Forever Fit

A moderate water exercise program for all ages. Designed to increase muscle tone, flexibility, and cardiovascular fitness. Swimming ability is not required.

Aqua Barre

A low-impact, medium-intensity water workout that combines ballet, Pilates, and yoga movements.

Aqua Dance

Take off your dancing shoes, you're in the pool! Aqua Dance is a high-energy, low-impact workout in the pool that incorporates easy-to-follow dance moves.

Water Walking

Class provides a variety of intensity for all abilities. Includes a brisk lane and leisure lane in addition to a variety of cardio and strength exercises. You are sure to burn some calories, get your steps in, and find your Y.

Aqua HIIT

Low-impact, high intensity class designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

REGISTRATION AND PAYMENT REQUIRED

Aqua Combat

This class integrates aquatic resistance with kickboxing and mixed martial arts inspired movements. You will gain muscular strength, endurance and coordination through performing a series of 12 rounds focused on core rotational boxing exercises, strikes, kicks and conditioning spikes. This energetic, aqua cardio class sets the foundation for a high-intensity, low-impact, full-body workout that you will love.

Aqua Cycle

Keep cool with this hot new workout that combines the low-impact benefits of aqua aerobics with the high-intensity thrill of indoor cycling. This total-body, results-driven workout will have you cycling, rebounding, stabilizing, stretching, challenging your stamina, and building endurance.

Aqua Jump

A new water-fitness workout that combines the natural resistance of water with choreographed jump, dance, HIIT, and barre moves for a high-energy, full-body workout. Aqua Jump will engage various muscle groups, including the legs, core, arms, and back.

Aqua Kickboxing

This specialty course is designed for all levels of fitness and involves powerful boxing and kicking movements in water. Experience strong purposeful movements which build confidence and exude positive energy while using specialty aqua boxing gloves and a boxing bag. The course will feature a variation of exercises for the upper and lower body including the aqua jab, upper cut, hook, front kick, side kick and back kick while maintaining physical and mental focus.

Aqua Yoga

A balance and strength-based water-fitness class that uses inflatable, tethered Aqua Body Strong™ boards in the pool for a total-body, core strengthening workout for all fitness levels. This training modality challenges the body to maintain proper postural control and alignment while moving through a series of transitional movements on the board increasing balance, strength, endurance, flexibility, and focus.

Masters Swim

Affiliated with U.S. Masters Swimming, the national governing body for adult swimming, this program is designed for adult lap swimmers who want to swim under the guidance of a coach. Adult Swimmers will practice a variety of competitive swimming techniques and learn drills for all four competitive strokes.

Scan the QR Code below for Lap Swim and Swim Lessons schedule and changes.

