



**DOWNTOWN YMCA**  
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For more information on programs,  
memberships, services, and to  
register: [watertownymca.org](http://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.

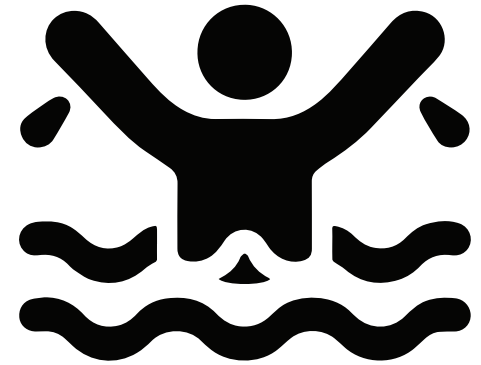
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Northern New York  
Community Foundation



## 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

### **AFAP Arthritic Aquafit**

Taught by an Arthritis Foundation certified aqua instructor. 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 and balance.

### **Aquafit**

This low impact warm-water class will use the resistance of the water to work on muscle tone flexibility, balance and overall well-being.

### **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**

Utilizing the side of the pool like a ballet barre. this warm-water low intensity class will focus on core strength & balance while focusing on range of motion.

### **Aqua Blast**

This high intensity class uses a variety of equipment to work on strength & cardiovascular health. This workout is a great way to get a dynamic, high energy workout without the stress in your joints.

### **Aqua Circuit**

Perfect for those looking to add variety and challenge to their workout. Participants will build endurance, increase muscular strength and improve flexibility and mobility by working through stations set up in our liquid gym. These stations include our Aqua Bikes, Aqua Trampolines, Aqua Yoga Boards and Aqua Resistance Station. Aqua Circuit is a self-guided time in the pool with an instructor available for assistance. This is a great way to try our New Aqua Fitness Equipment without the structure of a formal class.

### **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.**

