



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH RIVER WATER EXERCISE

Spring 2024 (January to May)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15am (LP) Aqua Boot Camp 1hr	7:15am (LP) Aqua Boot Camp NEW! 1hr	7:15am (LP) Aqua Boot Camp 1hr	7:15am (LP) Aqua Boot Camp NEW! 1hr	7:15am (LP) Aqua Boot Camp 1hr	8:15am (WP) Aqua Zumba® 45m
9:00am (LP) Hydro Fit 1hr	8:30am (WP) Water Fusion NEW! 1hr	9:00am (LP) Hydro Fit 1hr	8:30am (WP) Water Fusion NEW! 1hr	9:00am (LP) Hydro Fit 1hr	
10:00am (WP) Aqua Motion 1hr	10:00am (WP) Water Range of Motion 1hr	10:00am (WP) Aqua Motion 1hr	10:00am (WP) Water Range of Motion 1hr	10:00am (WP) Aqua Motion 1hr	
	11:00am (WP) Mind, Body, Water NEW! Starting Jan 23 1hr		11:00am (WP) Mind, Body, Water NEW! Starting Jan 25 1hr		11:00am (WP) Beginner Adult Swim Lessons*
5:15pm (LP) Aqua Boot Camp NEW! 45m	5:15pm (WP) Aqua Zumba 45m 5:30pm (LP) Youth Swim Club*	5:15pm (LP) Aqua Boot Camp NEW! 45m	5:15pm (WP) Aqua Zumba 45m 5:30pm (LP) Youth Swim Club*		

Pool Codes:
WP: Warm Pool
LP: Lap Pool

Various programs may reserve space in the lap pool. Youth swim club will meet between the hours of 5:30p-7:00p on Tuesdays and Thursdays and may reserve up to five lanes of space during this time.

A minimum of 2 lanes will be available for lap swimming during all other programs held in the lap pool.

*An asterisk next to a program indicates that it is fee-based. See back for details.

Class Descriptions

AQUA BOOT CAMP

A high intensity class including strength training and cardio activities in shallow water, deep water, and on land. Float belts are used during class to increase the effectiveness of exercises while keeping your head and shoulders above water.

WATER FUSION

A moderate to high intensity class offered in shallow water incorporating elements of dance and strength training.

HYDRO FIT

A moderate to high intensity class designed to help improve cardiovascular fitness, stability, and strength by using resistance and pressures from the water that are not found in land-based exercises. This class utilizes a variety of water depths.

AQUA ZUMBA®

A moderate to high impact class where participants get moving to upbeat music. The natural resistance created by water lowers joint impact but keeps the workout challenging enough to improve fitness.

MIND, BODY, WATER

A moderate impact class designed to improve flexibility and balance, reduce stress, and promote a sense of well-being through a series of stretches and guided conversation.

AQUA MOTION

A low impact, full body workout which uses a combination of exercises to increase flexibility, range of motion, strength, muscle tone, and cardiovascular endurance.

WATER RANGE OF MOTION

A non-cardio class designed to maintain flexibility and strengthen joints. Those dealing with arthritis, fibromyalgia, and post-therapy patients are encouraged to attend.

BEGINNER ADULT SWIM LESSONS*

Adults ages 18+ gain comfort in the water and basic swimming skills from this fee-based class. A package of four 30-minute lessons is available for \$45 at the member rate or \$70 at the non-member rate.

YOUTH SWIM CLUB*

Available for youth ages 6-17 years old who have passed the YMCA swim test, swim club meets on Tuesday and Thursday evenings from 5:30p-7:00p, spring semester running from mid-January to mid-May. The program includes a 30-minute land session where participants will stretch and do basic bodyweight exercises followed by a 60-minute swim workout focused on improving technique and stamina. Registration is \$55/month for members and \$90/month for non-members.