

fitness

winter 2010 course schedule

January 4, 2010 - March 27, 2010

ywca annual membership required to participate in all programs

\$25 adults • \$10 ages 12-18 • FREE ages 11 and under

This membership helps to support all programs and services.

fitness includes the use of strength training equipment, free weight and cardiovascular equipment including bikes, ellipticals, treadmills, rowers, etc.

1 Year	\$ 259
6 Month	\$ 179
3 Month	\$ 109
1 Month	\$ 39
1 Visit Member	\$ 7
1 Visit Non-Member	\$ 8

fitness plus includes all of the above plus all open swims.

1 Year	\$ 289
6 Month	\$ 209
3 Month	\$ 139
1 Month	\$ 59

fitness center hours

Monday - Saturday 6am - 8pm

weight watchers

Join the fun while learning to eat healthy with the *At Work Lunch Group - Weight Watcher meetings.*

New session starts 1-19-10. Held every Tuesday at noon in the YWCA Sky Room for 12 weeks

For information please call **Sue Braccini** at 732-2159 ext. 225

free weights

Barbells and dumbbells allow you not only to target a particular muscle group but also to engage other assisting muscles. Set up a free-weight program to meet your individual needs. A great workout for toning & strengthening many different muscle groups.

Call fitness/aquatic director:
Michele Longo, 732-2159 x241

By appointment only
\$30 per session

personal training

If you are looking for a program to recondition yourself, the YWCA is the place. We can assist members in reaching their fitness goals by developing individual programs and providing motivation to maintain their progress.

Call certified personal trainer:
Rose Ann Grasso, 732-5239

By appointment only
\$40 per session

FITNESS NEW YEAR'S SPECIAL:

1 year fitness - \$210
1 year fitness plus - \$240

HAVING A PARTY???

Room rentals & pool rentals available for all occasions. Please contact Michele Longo for more information 732-2159 ext. 241

**eliminating racism
empowering women**
ywca

Certificates to health & wellness are great holiday gifts and are available in customer service.

aquatics

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CALL 732-2159 EXT. 239 FOR MESSAGES REGARDING POOL CLOSINGS DUE TO INCLEMENT WEATHER.

The YWCA's pool is 89°F everyday!
Our women's sauna is available daily!

1 year unlimited

* Water Aerobics

&

Water Running

\$360

Plus Open Swim

Add \$50 to *

Plus Cardio & Nautilus

Add \$50 to *

1 year unlimited

* Water Aerobics

OR

Water Running

\$260

Plus Open Swim

Add \$50 to *

Plus Cardio & Nautilus

Add \$50 to *

unlimited open swim

1 Year	\$160
6 Month	120
3 Month	80
1 Month	30
10 Visit Ticket	30
20 Visit Ticket	50
1 Visit Member	4
1 Visit Non-Member	5
18 & under	2

pool party

Make a **SPLASH** with your friends, family, or co-workers, and book your pool rental today. Spend an hour in the pool and an hour in a room set up for your needs. Fee includes certified lifeguard. **Call Michele Longo 732-2159 ext. 241 for more information.**

Limit: 25

Saturday: 2:00pm-4:00pm

(other days & times may be available upon request)

Fee: \$175 Pool & Room

\$125 Pool only \$50 Room only

(Plus \$5 refundable access key)

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water aerobics

A total body workout of low impact aerobics, abdominal work, muscle toning, strengthening, and stretching.

Mon./ Wed./ Fri. 9:00-10:00am

Tue./ Thur. 8:00-9:00am

Mon. 7:00-8:00pm

Wed. 6:00-7:00pm

1 Year Unlimited \$ 260

3 Month Unlimited \$ 99

10 Visit Ticket \$ 45

1 Visit Member \$ 5

1 Visit Non-Member \$ 6

water running

Great for toning and strengthening muscles without the harsh impact of running on land.

Mon./Wed./Fri. 10:15-11:15am

Mon./Wed. 4:00-5:00pm

1 Year Unlimited: \$ 260

3 Month Unlimited: \$ 99

10 Visit Ticket : \$ 45

1 Visit Member \$ 5

1 Visit Non-Member \$ 6

aquacize

A leisure water aerobics workout. Great for keeping muscles and joints moving and toned.

5 participants required to run class

Tues./Thur. 11:15-12:15pm

Fee: \$90 - 12 weeks

1 Visit Member \$ 5

1 Visit Non-Member \$ 6

aqua motion

Provides specially designed movements to improve flexibility, range of motion and muscle tone.

5 participants required to run class

Tues./Thur. 12:15-1:00pm

Fee: \$85 - 12 weeks

1 Visit Member \$ 5

1 Visit Non-Member \$ 6

private swim lessons

Learn to swim at the YWCA! Individual attention with a personal water safety instructor. Call Patti-Jo at 404-3441 or Alisa at 404-6535 for more information.

Fee: 1/2 hour \$20

1 hour \$35

*Gift certificates to health & wellness
are great holiday gifts
and are available in customer service.*

WINTER LESSONS 12 WEEKS

parent/child aquatics 1 & 2

6 months - 2 years - Teaching adult & child how to be comfortable in & around water.

Mon: 6:00-6:30pm

Sat: 9:00-9:30am

Fee: \$70

preschool with parent 1 & 2

3 years - 5 years - Adult & child learn through play and games.

Mon: 6:30-7:00pm

Sat: 9:30-10:00am

Fee: \$70

learn to swim level 1

Introduction to water skills

Thur: 5:30-6:15pm

Sat: 10:00-10:45

Fee: \$75

learn to swim level 2

Fundamentals of aquatic skills

Thur: 6:15-7:00pm

Sat: 10:45-11:30am

Fee: \$75

learn to swim level 3

Focus is on stroke development

Thur: 5:30-6:30

Sat: 10:00-11:00

Fee: \$80

learn to swim level 4

Focus is on stroke improvement

Thur: 6:30-7:30

Sat: 11:00-12:00pm

Fee: \$80

learn to swim level 5

Focus is on stroke refinement

Thur: 7:30-8:30

Fee: \$80

learn to swim level 6

Personal water safety

Thurs: 7:30-8:30

Fee: \$80

open swims

Mon. 7:30am-8:45am

11:30am-1:30pm

5:00pm-6:00pm

Tues. 9:15am-11:00am

5:15pm-6:15pm

Wed. 7:30am-8:45am

11:30am-1:00pm

5:00pm-6:00pm

Thur. 9:15am-11:00am

4:30pm-5:30pm

Fri. 7:30am-8:45am

11:30am-1:30pm

Sat. 12:00pm-2:00pm

MINI SESSION DECEMBER 7th-31st

NO CHILDREN'S INSTRUCTIONAL CLASSES, SATURDAY OPEN SWIMS, OR AQUACIZE/AQUA MOTION