



BATH Y ADULT WATER FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2019: UPDATED 1-1-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SPLASH & DASH 7-7:45 a.m.		SPLASH & DASH 7-7:45 a.m.		MASTERS SWIM 7:30-8:30 a.m.	
AQUA YOGA 8-9 a.m.				AQUA, STRENGTH & BALANCE 8:15-9 a.m.		
	DEEPWATER AEROBICS 9-9:45 a.m.	DEEPWATER AEROBICS 9-9:45 a.m.	DEEPWATER AEROBICS 9-9:45 a.m.			
AQUA EX 11 a.m.-Noon	YAAP 10:45-11:30 a.m.	AQUA EX 11 a.m.-Noon	YAAP 10:45-11:30 a.m.	AQUA EX 11 a.m.-Noon		
	YAAP 11:30-12:15 p.m.		YAAP 11:30-12:15 p.m.			
			H2O AEROBICS 7-7:45 p.m.			

KEY

- MAIN POOL
- I/T POOL

All classes are FREE for members. There is a \$15 drop-in fee for non-members and community members.
***Includes an extra fee.**

QUESTIONS? Contact Aquatics Director Andrea Moskevitz at (207) 443-4112 x23 or email andrea@bathymca.org.

POOL HOURS
Monday-Friday: 5 a.m. to 8:30 p.m.
Saturday: 7 a.m. to 4:30 p.m.
Sunday: 9:15 a.m. to 2:30 p.m.

CLASS DESCRIPTIONS

WATER FITNESS

AQUA EX (Pat & Shelley)

Join us for a revitalizing hour of aerobic, strengthening, and stretching exercises. Treat yourself to new energy and friends as you tone, shape, and firm. Easy entry stairs are provided for getting in and out of the pool.

AQUA STRENGTH & BALANCE (Ann)

Balance... the ability to control your body positioning. Imbalance... a primary contributor to fall risks. Balance is directly connected to our core strength. This class uses basic movements and gentle exercises to increase strength and improve overall balance. No swim experience required.

AQUA YOGA (Amanda)

Aqua Yoga is a gentle and very low impact aquatic activity. This class takes the principles and movements of yoga and adapts them to water. With the release of gravity, the body is able to find the optimum stretch. And by using the rhythm of the breath, an inner sense of relaxation can also be achieved.

DEEP WATER AEROBICS (Ann)

This class promotes flexibility, muscle toning, proper breathing, and body alignment and appreciation. Build muscle tone without impacting your joints and muscles. No swimming ability is required, however, participants must be comfortable in deep water.

H2O AEROBICS (Kim)

This 45-minute intensive workout provides a variety of activities ranging from dance routines to boxing to keep your workout exciting. Uses shallow water. Class is held in the Therapy Pool during swim season.

MASTERS SWIM GROUP (Pam)

Join Pam Torrey, a Maine Masters swimmer, for a fun and challenging group workout by improving your speed and endurance. Workouts are adapted for swimmers of different abilities and experiences, but all swimmers should be able to swim 1,500 yards comfortably.

SPLASH & DASH (Nancy)

Come join us for an early-morning workout! Jump start your day and still get to where you need to be on time. This 30-minute class can be used as a stand-alone program or an addition to your morning lap swim or exercise routine!

YMCA AQUA ARTHRITIS PROGRAM (YAAP) (Ann & Kathy)

This program provides a steady workout, incorporating movements designed to encourage range of motion and develop increased flexibility. Our National Arthritis Foundation certified instructors provide a steady workout, incorporating movements designed to promote functional endurance, encourage range of motion, and develop increased flexibility. All ages are welcome.