# Aqua-Exercise

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Lap Swim 6:00 - 9:00 am</td>
<td>Lap Swim 6:00 - 9:00 am</td>
<td>Lap Swim 6:00 - 9:00 am</td>
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<td>Lap Swim 6:00 - 9:00 am</td>
<td>Family Swim 12:30 - 1:30 pm</td>
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<tr>
<td>Golden Waves 9:00 - 10:00 am</td>
<td>Aqua Fit 8:30 - 9:30 am</td>
<td>Golden Waves 9:00 - 10:00 am</td>
<td>Aqua Fit 8:30 - 9:30 am</td>
<td>Golden Waves 9:00 - 10:00 am</td>
<td>Aqua Fit 8:30 - 9:30 am</td>
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<td>Aqua Jog 10:00 - 11:00 am</td>
<td>Deep Water 10:00 - 11:00 am</td>
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<td>Deep Water 11:00 am - 12:00 pm</td>
<td>Mindful Waves 12:00 - 1:00 pm</td>
<td>Mindful Waves 12:00 - 1:00 pm</td>
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<tr>
<td>Lap Swim 12:00 - 1:00 pm</td>
<td>Swim Strong 8:00 - 9:00 pm</td>
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<td>20-20-20 2:00 - 3:00 pm</td>
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*Check with the lifeguard about extra lap swim times during the day.*

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**ABOUT OUR AQUA-EXERCISE CLASSES**

**20-20-20:** A total body workout with 20 minute segments of cardiovascular, strength, and stretch routines.

**Aqua Fit:** High energy class with music. Cardio variety combined with exercise for overall muscle conditioning.

**Aqua Jog:** Stay tuned for updated description (Class currently being revamped to allow for social distancing)

**Deep Water:** Exercise in the deep water using floatation belts and water bells with no stress on the joints.

**Golden Waves:** Follows the Arthritis Foundation’s guidelines. Gentle moves to improve flexibility, strength, and coordination.

**Mindful Waves:** Flow through Yoga, Pilates and Thai-Chi moves in a relaxing atmosphere using the resistance of water.

**Swim Strong:** Lap swimmers join a group workout to improve conditioning and stroke efficiency. Great for triathlon athletes.

**Zoom Yoga:** Relax, build strength & increase flexibility with this virtual series, suitable for beginners or those with experience.

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**AQUA-EXERCISE PRICING**

- **UNLIMITED Monthly Membership:** $31
- **Additional Monthly Family Membership:** $20
- **Corporate Membership:** $25 (Ask your HR rep to contact us about becoming a Corporate Member!)
- **Single Aqua-Exercise Class:** $10
- **10 Aqua-Exercise Class Punch Card:** $75
- **Lap Swim:** Free with membership
- **20 Lap Swim Punch Card:** $75

*Wellness Insurance Plans Accepted include Silver Sneakers, Healthways, Silver & Fit, and Forever Fit. Electronic Fund Transfers available for your convenience.*
<table>
<thead>
<tr>
<th>GROUP CLASSES</th>
<th>MON.</th>
<th>TUES.</th>
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<tr>
<td>Parent &amp; Tot</td>
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<tr>
<td>3 Year Old Classes</td>
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<tr>
<td>Level 1: Intro to Water Skills* (4 and up)</td>
<td>1:30 pm</td>
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<td>Level 2: Fundamental Aquatic Skills</td>
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<td>Level 2 ½ (Instructor approval required)</td>
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<td>Level 3: Stroke Development</td>
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<td>Level 4: Stroke Improvement</td>
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<td>Level 5: Stroke Refinement</td>
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<td>Level 6: Swimming &amp; Skill Proficiency</td>
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<td>Adult Swim Lessons: Beginner</td>
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<tr>
<td>Adult Swim Lessons: Intermediate</td>
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<td>Beginner Synchronized Swim Class</td>
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**LEARN TO SWIM PRICING**

All classes are semi-private (4 students per instructor): $120.25/9 weeks *(Make up lessons held week of March 7-12)*

To find additional swim times, or learn more about our new safety and sanitation guidelines, check our website at [www.ywcyork.org](http://www.ywcyork.org) or e-mail Kathy Warner at kwarner@ywcyork.org.

**MISSING CLASS POLICY**

- We offer 1 extra week at the end of the term for a make-up class.
- If you miss more than 1 class we do not offer extra make up lessons, credits or refunds.

**JOIN A CLASS TODAY!** [www.ywcyork.org](http://www.ywcyork.org)

320 E. Market Street, York *Free parking nearby*
Pool Information
FOR FAMILY SWIMS AND LAP SWIMMERS

Please check the current program guide for Lap Swim and Family Swim times.

FAMILY SWIM:
- Everyone must purchase a punch card before arriving to swim.
- Punch cards are not available to purchase from the lifeguard.
- You may purchase a punch card at the YWCA front desk
  Mon-Thurs 7am-6pm or on line at www.ywcayork.org.
- Punch cards will expire 2 years from date of purchase.
- No refunds or new card for lost or damaged cards.
- Family Swim punch card fee $10/5 visits.
- You may purchase 1 card for your family to share.
  The lifeguard will punch once for each swimmer attending.
- All children under 18 must be accompanied by an adult over 18.
- Adult must get in the pool and supervise children.
- Maximum number of swimmers at each family swim is 35.
  Once we have 35 swimmers, no more are admitted.
- Please adhere to all pool safety rules posted on the pool wall.

Equipment available for family swims:
- Water noodles in the shallow end only.
- Diving rings and toys that are kept in closet.
- Please ask the lifeguard for assistance retrieving these items.

Equipment not available for family swims:
- Flippers, black kick boards, deep water belts or barbells.
- Sliding board and Blue mat will not be used during family swim.
- These items are used for swim lessons only.

What to expect when you arrive:
- Swimmers enter the building through the back door.
- Enter code (email prior to first class.)
- Come dressed for swimming.
- Lifeguard will punch your card.
- After swimming, exit through gender-appropriate lock room.
  Women & girls on 1st floor; men & boys on 2nd floor.
- Remember to bring your pre-purchased punch card.
  No punch cards will be for sale at the door.
- After swimming, exit through the appropriate locker room
  and out the back doors.

LAP SWIMMING
- Lap swimming is included in your Fitness
  membership and Insurance membership.
- Lap swim punch card fee $75/20 punches.
- Lap swimming is typically for adults.
  Youth may swim laps but may not play in the pool.

Equipment available for Lap swimmers:
- Flippers, black kick boards, pull float, swim noodles,
  deep water belts, barbells.
- Please ask lifeguard for assistance.

Contact Kathy Warner, Aquatic Director, if you have any questions at 717-434-1767
or kwarner@ywcyork.org.
YOGA FROM THE INSIDE OUT WITH BETHANY

Wednesdays, 5:30-6:30pm

Yoga from the Inside Out is a sequence of yoga poses that liken themselves to a slow unfolding, a journey of self-discovery into the personal and universal connections between mind, body and spirit. These community building classes welcome all people regardless of their flexibility, age, background or yoga experience. *Masks required

One Heart Yoga Studio (In Person Only)
Included in YWCA York Membership
$10 per class Non-Members
$42 for all five classes in the series

GENTLE YOGA WITH JANE

Mondays, 5:30-6:30pm
January 24, January 31, February 7, February 21, February 28

Invite relaxation, build strength & increase flexibility by connecting basic postures, breath, and thoughtful movement. This Gentle Yoga series is suitable for beginners or those with experience.

Virtual Only
Included in YWCA York Membership
$10 per class Non-Members
$42 for all five classes in the series

MONTHLY SERIES WITH BRIGID

Thursdays, 7-8pm
Jan. 13: Yoga Nidra Meditation: Intentions for the New Year
Feb. 10: Yoga for Self-Love: Gentle Yoga for Body, Mind & Soul
Mar. 24: Yoga Nidra for Spring: “Plant a Seed” Growth Meditation

Yoga Nidra is a practice that helps to turn on the body's relaxation response. This restful style of yoga can help slow breathing, reduce blood pressure, and produce feelings of calm and well-being.

Virtual Only Included in YWCA York Membership
$10 per class Non-Members
$25 for all three classes in the series

YIN YOGA WITH CHRIS

Tuesdays, 6-7pm
January 11, February 8, March 8

Yin Yoga is a meditative deep stretch practice of long-held postures, mostly seated or laying down. It is appropriate for beginners and seasoned yogis alike.

Virtual Only Free to all! Donations appreciated.

RESTORATIVE CLASS WITH CHRIS

Tuesday, February 22 6-7pm

In Restorative Yoga, the use of props such as blocks, bolsters, or blankets can help you to settle into passive poses which allow your body and mind a gentle healing rest. This is a wonderful yoga practice for these cozy winter months.

Virtual Only Free to all! Donations appreciated.

PUNCH CARD FOR 10 CLASSES $75 FOR ANY COMBINATION OF CLASSES.

Registration for yoga classes may be found on our website at www.ywcayork.org and listed on our Facebook page under events. A Zoom link will be sent in the registration confirmation email for virtual classes.

*A security guard will be available to accompany you to your vehicle from 5:30-9 pm through the month of April. COVID protocols are in place: Aquatics and yoga participants will enter the building through the back entrance. In-person yoga classes will require a mask.

THANK YOU TO OUR SUPPORTERS:

JOIN A CLASS TODAY!  www.ywcayork.org
320 E. Market Street, York  *Free parking nearby