








# Waldo County YMCA

★ We build strong kids, strong families, strong communities. ★

## Aquatics Fitness Schedule January 2nd-March 24th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:30 a.m. Aquacizing <i>Frank</i> (Therapy Pool)	8:30 - 9:30 a.m. Aqua Yoga <i>Ashes</i> (Therapy Pool)	8:30 - 9:30 a.m. Aquacizing <i>Frank</i> (Therapy Pool)	8:30 - 9:30 a.m. Aqua Yoga <i>Ashes</i> (Therapy Pool)	8:30 - 9:30 a.m. Aquacizing <i>Frank</i> (Therapy Pool)
5:00 - 6:00 p.m. Introduction to Aquatics Exercise <i>Teri</i> (Therapy Pool)		<i>Schedule is subject to change.</i>	2:30 - 3:30 p.m. Chi-Gong <i>*This is a participant lead class</i> (Therapy Pool)	4:45 - 5:30 p.m. Arthritis Foundation <i>Teri</i> (Therapy Pool)
	6:30 - 7:30 p.m. Power Aqua <i>Donna</i> (Lap Pool)		6:30 - 7:30 p.m. Power Aqua <i>Donna</i> (Lap Pool)	
7:00 - 8:00 p.m. H2O Warrior <i>Teri Mace</i> (Therapy Pool)		<b>POOL HOURS</b>	Mon. - Thursday 5:30 a.m. - 8:30 p.m. Friday 5:30 a.m. - 5:30 p.m. Saturday 8:00 a.m. - 4:30 p.m. Sunday 12:30 p.m. - 4:30 p.m. <i>Note: Pool operation hours differ from facility hours.</i>	

Must be ages 14 & up to participate in Aquatics Fitness Classes. Aqua shoes are recommended for all Aquatic classes.

Dates vary. Please see individual class descriptions and pricing for more information.

### AQUATICS FITNESS CLASSES Payment Options By 12-week session – Unlimited Participation

<b>Annual Member General Fitness Class Pricing:</b> \$ 40.00 Adult 12 - week session Unlimited \$ 4.00 Adult Drop - in fee	<b>3-Month &amp; Non-Member General Fitness Class Pricing:</b> \$ 115.00 Adult 12 - week session Unlimited \$ 8.00 Adult Drop - in fee
--	--

**NOTE: Un-used and lost cards are non-refundable.**

Waldo County YMCA • 157 Lincolville Avenue • Belfast, Maine 04915

207-338-4598 • Fax: 207-338-2505 • email: [aquatics@waldocountymca.org](mailto:aquatics@waldocountymca.org) • [www.waldocountymca.org](http://www.waldocountymca.org)