

DIVE ON IN TO FUN AND FITNESS AQUATICS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

Rockport, Maine 04856

207.236.3375 • www.penbayymca.org

Winter Session: January 2 – February 17

AQUA FITNESS PROGRAMS

Join one of our water fitness programs and you will increase flexibility, range of motion, and get a low-impact workout in the pool. We have several classes that each serve a different function and focus on particular levels of intensity. Please refer to our guide below to determine which class caters to your goals. All classes may use music to enhance workouts.

Level 1 ♥ Non-impact program that works range of motion and balance

Level 2 ♥♥ Aerobic exercises and range of motion

Level 3 ♥♥♥ A mix of aerobic and anaerobic exercise, muscle conditioning, balance and flexibility

Level 4 ♥♥♥♥ Fast-paced exercise that includes muscle toning, strength, endurance, and conditioning

Level 5 ♥♥♥♥♥ A high-intensity class designed to build endurance, tone muscles, and improve cardiovascular fitness.

Private Swimming Lessons

This one-on-one instruction will allow the instructor to meet the specific needs of the swimmer. These lessons work well for those who don't prefer group swim lessons, or for those who need a flexible schedule. Please fill out the lesson request form at the Member Service desk.

Adult Swimming Class

It is never too late! Come join others in this class which is specifically designed for adults. Through this class, instructors will use a variety of techniques that will help you learn to be comfortable and confident in the water.

Main Pool

Monday: 7:00–7:45 PM

Cost: \$40 Members / \$75 Participants

Easy Going Aqua Fitness ♥♥

Easy Going will focus on increasing your muscular strength, building cardiovascular endurance, and improving flexibility in a low-impact environment. The class will utilize props such as barbells, noodles, and resistance paddles.

Main Pool – *Shallow and Deep End*

Monday, Wednesday & Friday: 8:00 – 8:45 AM

Cost: \$45 Members / \$88 Participants

Arthritis Program ♥

This program will relieve your arthritis pain, increase flexibility, improve your range of motion, and enhance your mobility. You will also improve your balance and receive a non-impact routine at your own pace. *Register by the day of week*

Therapy Pool

Mon, Wed & Fri: 11:15 AM – Noon

Cost: \$16 Members / \$30 Participants

Strength & Stability ♥♥

This class will focus on total ♥ body strength and stability. Improve flexibility and balance, increase range of motion, and build solid core strength. This is not aerobics—be prepared to use light weights, discs, noodles, and other tools.

Therapy Pool

Tuesday & Thursday: 8:00 – 8:45 AM

Cost: \$36 Members / \$70 Participants

CONTACT US

Youth Swim Lessons
Private Swim Lessons
Maine Masters
Steven Karp
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Adult Aquatic Programs
Theo Berez
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Liquid Toning ♥♥♥

This class will focus on total body exercise. You will improve muscle tone, increase strength and range of motion, improve flexibility and balance, and receive a cardiovascular workout, all in a low-impact environment.

Register by the day of week

Therapy Pool

Monday, Wednesday & Friday: 10:15 - 11:15 AM

Cost: \$18 Members / \$35 Participants

Liquid Toning Main Pool ♥♥♥♥

This class will focus on total body exercise. You will improve muscle tone, increase strength and range of motion, improve flexibility and balance, and receive a cardiovascular workout, all in a low-impact environment.

Main Pool - *Shallow and Deep End*

Tuesday & Thursday: 10:15 - 11:00 AM

Cost: \$40 Members / \$75 Participants

Hydro Fit ♥♥♥

This class will improve muscle tone, increase strength, improve flexibility, and enhance your cardiovascular strength, all in a high-intensity, focused workout. Stretching and relaxation period make this a perfect end-of-day class.

Therapy Pool

Tuesday & Thursday: 5:30- 6:30 PM

Cost: \$36 Members / \$70 Participants

Aqua Blast ♥♥♥♥♥

You will improve your cardiovascular health, muscle strength, and core stability through high-intensity intervals and fast-paced resistance training. This class will utilize the deep end and often the entire length of the main pool.

Main Pool

Tuesday & Thursday: 6:00 - 7:00 AM Cost: \$36

Members / \$70 Participants

H2O Combo ♥♥♥

Day 1: Focus on toning your muscles and feeling the burn!

Day 2: Use that burn to kick extra calories!

This method is scientifically proven to help boost energy, mental acuity, and physical health. The class will utilize equipment such as weights, resistance bands, and aerobic steps.

Therapy Pool

Monday & Tuesday: 9:00 - 10:00 AM

Cost: \$36 Members / \$70 Participants

Maine Master Swimming

You will improve your stroke technique, endurance and cardiovascular capacity in a competitive swimming environment. Anyone aged 18 and up can swim in a "recognized" meet; "sanctioned" meets are open only to swimmers registered with US Masters Swimming (USMS). All swimming abilities are welcomed! No commitment required.

Thursday: 7:00 PM and Saturday: 7:30 AM

Cost: Free to Members



CHECK OUT OUR ONLINE POOL SCHEDULE FOR UP-TO-DATE INFO ON OPEN AND LAP SWIM TIMES!

VISIT US AT PENBAYYMCA.ORG AND CLICK ON THE SCHEDULES LINK!