

# ADULT AQUATICS

WINTER SESSION: JANUARY 5 – FEBRUARY 14

## MONDAY

9:00 – 9:45 AM      Aqua Fit      Larrain

## TUESDAY

7:00 – 8:00 AM	Masters Swimming	Community
8:00 – 8:45 AM	Deep Water Aerobics	Joan
9:00 – 9:45 AM	Splash Dance (Main Pool)	Brenda

## WEDNESDAY

9:00 – 9:45 AM      Aqua Fit      Larrain

## THURSDAY

8:00 – 8:45 AM	Water....Works!	Beverly
9:00 – 9:45 AM	Joint Ventures (Therapy Pool)	Beverly

## FRIDAY

7:00 – 8:00 AM	Masters Swimming	Community
9:00 – 9:45 AM	Splash Dance (Main Pool)	Brenda

Join one of our water fitness programs to improve flexibility, enhance your range of motion, and enjoy a low-impact pool workout.

## SAUNA

Our sauna is open during scheduled pool hours.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

116 Union St. Rockport, ME 04856  
207.236.3375  
[www.penbayymca.org](http://www.penbayymca.org)  
Della Weeks  
[dweeks@penbayymca.org](mailto:dweeks@penbayymca.org)

## ADULT PRIVATE SWIM

From first strokes to perfect strokes, these private lessons are tailored to your goals and needs. To register for Private Lessons, contact Della Weeks: 207.236.3375 or [dweeks@penbayymca.org](mailto:dweeks@penbayymca.org)

## SWIMMING POOLS

The pool schedules are updated weekly. For current availability, scan the QR code.

## POOL SCHEDULE:



***Please note: schedule may change.***

### HOW TO REGISTER:

- Adult Aquatics are available for members only.
- Masters swimming is free for members. All other classes require a registration fee.
- Scan QR code to register below.

**Member Registration: December 22**

SCAN QR TO REGISTER



# PROGRAM DESCRIPTIONS

**AQUA FIT (EASY GOING)** – Aqua Fit 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.

**JOINT VENTURES** – This class will enhance activities of daily living by improving joint mobility, flexibility, range of motion, strength, and endurance. Begin with a brief warm up, some light cardio and balance/coordination work, and end with a cool down.

**MASTERS SWIMMING** – Enhance your swimming skills and endurance with our sessions designed for swimmers of all levels. Whether you're training for a competition or looking to stay fit, our Swim Masters program is perfect for you. Don't miss this opportunity to take your swimming to the next level!

**SPLASH DANCE** – What a feeling! Groove to great music and enjoy a lively aerobic workout in the water with our Splash Dance class. This class offers a fun and engaging way to build aerobic capacity and enjoy a great workout in the water. Come ready to move and have a blast!

**WATER...WORKS!** – This class will focus on total body exercise, improving muscle tone, flexibility and balance, increasing strength and range of motion, delivering a cardiovascular workout, all in a low-impact environment.

**DEEP WATER AEROBICS** – Take your fitness to new depths with this high-energy, low-impact workout designed for runners, cross-trainers, and fitness enthusiasts seeking to boost endurance and strength. This deep-water cardio session combines jogging, dynamic movements, and resistance training to elevate your heart rate while being gentle on your joints. Perfect for men and women aiming to maintain or improve aerobic fitness at a medium to high intensity. With a guided warm-up and cool-down, you'll leave feeling refreshed, strong, and ready for more.

## NEW TO GROUP CLASSES?

It can be intimidating to try something new, especially in a group setting. Please know that you are welcome!

Follow these steps to make your first class a success:

- Familiarize yourself with pool rules.
- Arrive early.
- Introduce yourself to the instructor and let them know that this is your first time trying a group class.
- If necessary get a quick rundown of important props and exercises.

