
















# Waldo County YMCA

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

## Aquatics Fitness Schedule

June 21 – September 10, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Waldo</i>	<i>County</i>	YMCA	<i>Aquatics</i>	6:00 - 6:45 a.m. H <sub>2</sub> O Warrior (T) Teri Mace	
	8:30 - 9:30 a.m. Aquacizing (T) Barbara Lavoie	8:30 - 9:30 a.m. Aquacizing (T) Robin Peskoe	8:30 - 9:30 a.m. *Chi-Gong Aquatics(T) Sondra Turner	8:30 - 9:30 a.m. *Chi-Gong Aquatics(T) Sondra Turner	8:30 - 9:30 a.m. Aquacizing (T) Barbara Lavoie
<b>Y</b>			<b>Y</b>	9:00 - 10:30 a.m. W.E.T (L) Ben Springer	9:00 - 10:30 a.m. W.E.T (L) Ben Springer
		<b>Y</b>			12:00 – 1:00 p.m. *Chi-Gong Aquatics(T) Sondra Turner
<b>Y</b>	5:00 - 6:00 p.m. Arthritis Foundation (T) Teri Mace	5:00 - 6:00 p.m. *Chi-Gong Aquatics(T) Sondra Turner	5:00 - 6:00 p.m. Arthritis Foundation (T) Teri Mace	5:00 - 6:00 p.m. *Chi-Gong Aquatics(T) Sondra Turner	4:45 - 5:30 p.m. Arthritis Foundation (T) Teri Mace
	<b>Y</b>	6:30 - 7:30 p.m. Power Aqua (L) Jess Gal		6:30 - 7:30 p.m. Power Aqua (L) Jess Gal	
	7:00 - 8:00 p.m. H <sub>2</sub> O Warrior (T) Teri Mace		7:00 - 8:00 p.m. Intro to Aqua Aerobics (T) Teri Mace	<b><i>POOL Hours of Operation</i></b>	
<b>YAQUATICS™</b> We build strong kids, strong families, strong communities.				Monday - Thursday	5:30 am. - 8:30 pm.
				Friday	5:30 am. - 5:30 pm.
				Saturday	8:00 am. - 4:30 pm.
				Sunday	noon - 4:30 pm.
				<b>*POOL Operation Hours differ from facility hours.</b>	

Dates vary. Please see individual class descriptions and pricing.

(T) = Therapy (L) = Lap Pool

\*Due to the limited amount of space for proper stretching, *Chi Gong Aquatics* is a limited class, 12 participants. Please Check in with the Front Desk prior to class to receive your card.

### AQUATICS FITNESS CLASSES Payment Options

By 12-week session – Unlimited Participation

#### Annual Member General Fitness Class Pricing:

\$ 40.00 Adult 12 - week session Unlimited  
\$ 4.00 Adult Drop - in fee

#### 3-Month & Non-Member General Fitness Class Pricing:

\$ 115.00 Adult 12 - week session Unlimited  
\$ 8.00 Adult Drop - in fee

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

Must be ages 14 & up to participate in Aquatics Fitness Classes

\*\* Aqua shoes are recommended for all Aquatic Exercise classes\*\*

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