eliminating racism
empowering women
ywca
Central Maine

YWCA Water Fitness Schedule

November 19 - February 17, 2018

All times are subject to change without notice

YWCA of Central Maine
130 East Ave
Lewiston, ME 04240
207-795-4050
www.ywcamaine.org
Facebook www.facebook.com/YWCAMaine

Prices ***Basic & Open Members $5.50*** ***Water Fitness & Y-Wide Members $0*** ***Non-Members $8.00***	**Low Intensity Shallow Water**	**Low Intensity Deep Water**	**Moderate Intensity Shallow and Deep Water** **No class on Tuesday 6-7pm Dec 12 Jan 9,16,23**	**Aqua Stretch Shallow and Deep Water**	**High Intensity Shallow and Deep Water**	**Single Gender Fitness** For Women Only! Designed with privacy curtains. **Low Intensity shallow water**	**Encore** This is a class for those who have experienced Breast Cancer
Monday	9:00 -10:00am	8:00 – 9:00am	NA	NA	NA	NA	NA
Tuesday	NA	8:00 – 9:00am	10:30 –11:30am 6:00-7:00pm	11:30 –12:00pm	NA	NA	NA
Wednesday	NA	8:00 – 9:00am	NA	NA	NA	NA	NA
Thursday	NA	8:00 – 9:00am	9:00-10:00am	NA	6:00-7:00pm	NA	5:30-6:00pm
Friday	NA	8:00 – 9:00am	NA	NA	10:00-11:00am	NA	NA
Saturday	NA	NA	7:00-8:00am	NA	NA	12:30-1:30pm	NA

Descriptions of Water Fitness Classes

Low Intensity Shallow Water Class: Exercises that increase flexibility and range of motion using pieces of equipment such as noodles, barbells, disks and weights.

Low Intensity Deep Water Class: Great work out for those recovering from muscle, bone or joint injuries. Flotation belts will enable participants to focus on strengthening different muscle groups and improving flexibility.

Moderate Intensity Class Shallow Water: This class uses resistance equipment, steps and cardiovascular exercise to improve flexibility, increase muscle strength, and enhance one's general levels of fitness.

High Intensity Class Shallow and Deep Water: Designed to increase stamina, improve cardiovascular function and breathing through the use of vigorous exercise with weights, resistance equipment and steps.

Aqua Stretch: This class focuses on improving balance, increasing core strength, and enhancing flexibility using a variety of pieces of water exercise equipment.

Encore: Have you experienced breast cancer? The YWCA Encore helps relieve discomfort and restore mobility, flexibility and confidence through gentle warm water exercise. This is a free ongoing session based program designed specifically for those who have experienced breast cancer. After surgery and treatment for breast cancer, many experience numbness, pins and needles, a loss of mobility and strength, and discomfort in their upper bodies. The Encore program is designed to address these issues through warm water gentle exercises. How to register? Contact the Dempsey Center (207) 795-8250 or www.dempseycenter.org

HAZARDOUS WEATHER POLICIES:

During inclement weather the YWCA of Central Maine will post late opening, early closings and closing statements on local TV channels 6, 8 and 13.

Water Fitness & locker room age requirements

Ages 9 & under: Children under the age of 10 are not allowed to participate in YWCA Water Fitness Programs.

Ages 10 & up: Children ages 10 to 12 must be accompanied by an adult and provide the YWCA with a doctor's note.

Must use gender appropriate locker rooms

Basic Yearly Membership Price:

Senior $45.00 (60+)
Adult $55.00 (18-59)
Youth $35.00 (13-17)
Child $30.00 (6 months – 12yrs)
Family $160.00 (up to 4 children and 2 adults in the same household)

YWCA memberships are non-refundable and non-transferable.

Hours of Operation

Monday 4:50am – 8:30pm
Tuesday 4:50am – 8:00pm
Wednesday 4:50am – 8:30pm
Thursday 4:50am – 8:00pm
Friday 4:50am – 7:30pm
Saturday 6:45am – 2:00pm
Sunday 1:45-5:30pm

The YWCA may change the swim schedule for any unforeseen reasons or close the pool at times for the safety of the swimmers. We apologize for any inconvenience this may cause. The YWCA Aquatic Department will offer special pool schedules on some school vacations and holidays.