

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, steps and lap swimming.

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

Aqua Kickboxing: Aqua Kickboxing classes combine aqua movement, music and the fundamentals of kickboxing for the ultimate fun, whole body workout! This is an energetic blend of traditional aqua choreography. This water aerobics cardio class is a "no contact" class that will help you burn calories and tone into shape. No experience necessary and you don't need to be in shape to get started. Splash, splash-it will be a blast!

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

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.

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 \$55.00 (60+)

Adult \$66.00 (18-59)

Youth \$44.00 (13-17)

Child \$38.00 (6 months – 12yrs)

Family \$187.00 (up to 4 children and 2 adults in the same household)

YWCA memberships are non-refundable and non-transferable.

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, 13 and on Facebook (YWCA Central Maine).

Hours of Operation

Monday 4:50am – 8:00pm

Tuesday 4:50am – 8:00pm

Wednesday 4:50am – 8:00pm

Thursday 4:50am – 8:00pm

Friday 4:50am – 8:00pm

Saturday 6:45am – 2:00pm

Sunday 2:30-5:00pm