



Central Maine

YWCA Water Fitness Schedule

February 23 – April 18, 2020

All times are subject to change without notice

Special Olympics is Friday February 28 from 8-1 pm
No Water Fitness classes during this time.

YWCA of Central Maine
130 East Ave
Lewiston, ME 04240
207-795-4050
www.ywcamaine.org

Facebook www.facebook.com/YWCAMaine

Prices are available at Customer Service or you can go to our website: www.ywcamaine.org	Low Intensity Shallow Water	Low Intensity Deep Water	Moderate Intensity Shallow and Deep Water	Aqua Kickboxing w/Instructor Danielle Nemeth	Encore This is a class for those who have experienced Breast Cancer w/Instructor Nancy Lizotte
Monday	9:00 -10:00am	8:00 – 9:00am	NA	6:00-7:00pm	NA
Tuesday	NA	8:00 – 9:00am	10:30 –11:30am	NA	NA
Wednesday	NA	8:00 – 9:00am	NA	NA	NA
Thursday	NA	8:00 – 9:00am	9:00-10:00am	NA	NA
Friday	NA	8:00 – 9:00am	10:00-11:00am	NA	NA
Saturday	NA	NA	NA	NA	12:00-12:30pm

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

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

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!

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).

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

Hours of Operation

Monday 4:50am – 8:00pm

Tuesday 4:50am –7:30pm

Wednesday 4:50am –7:00pm

Thursday 4:50am –7:30pm

Friday 4:50am –6:00pm

Saturday 6:45am –2:00pm

Sunday 1:50-5:30pm

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.