



Central Maine

## YWCA Water Fitness Schedule November 16–December 13, 2020

\*All times are subject to change without notice\*  
\*Must call ahead to reserve a spot\*

YWCA of Central Maine  
130 East Ave  
Lewiston, ME 04240  
207-795-4050  
[www.ywcamaine.org](http://www.ywcamaine.org)

Facebook [www.facebook.com/YWCAMaine](https://www.facebook.com/YWCAMaine)

**Only 4 people in locker rooms at one time Must Social distance 6ft**

**Must Social Distance 14ft in pool**

Prices are available at Customer Service or you can go to our website: <a href="http://www.ywcamaine.org">www.ywcamaine.org</a>	Low Intensity Shallow Water	Low Intensity Deep Water	Moderate Intensity Shallow and Deep Water	Aqua Kickboxing w/Instructor Danielle Nemeth  Starts September 21
Monday	9:30 -10:30am	8:00 – 9:00am	NA	6:00-7:00pm
Tuesday	NA	8:00 – 9:00am	10:30 –11:30am	NA
Wednesday	NA	8:00 – 9:00am	NA	NA
Thursday	NA	8:00 – 9:00am	10:00-11:00am	NA
Friday	NA	8:00 – 9:00am	10:30-11:30am	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 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.

**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 5:50am – 6:00pm

Tuesday 5:50am –7:30pm

Wednesday 5:50am –7:30pm

Thursday 5:50am –6:30pm

Friday 5:50am –6:30pm

Saturday 8:00-12:00pm

Sunday Closed

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.