



# New Canaan YMCA

## Fall 2006 Water Fitness Class Schedule

### Effective September 5, 2006

Schedule also available online at [www.newcanaanymca.org](http://www.newcanaanymca.org)

Classes now open to all New Canaan YMCA Members 15 years of age and older.  
Nonmember: \$30/day

R = Rec Pool V = Valles Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30AM R <b>HydroFit</b> Joyce	7:30-8:30AM R <b>HydroFit</b> Maryann	7:30-8:30AM R <b>Hydrofit</b> Maryann	7:30-8:30AM R <b>Hydrofit</b> Sally	7:30-8:30AM R <b>Deep Water</b> Joyce
8:30-9:30AM R <b>Deep Water</b> Suzi	8:30-9:30AM R <b>Deep Water</b> Joyce	8:30-9:30AM R <b>Deep Water</b> Phyliss	8:30-9:30AM R <b>Hydrofit</b> Joyce	8:30-9:15AM R <b>Ai Chi</b> Suzi
				9:30-10:15AM V <b>Depth Charge</b> Suzi
12:00-12:45 PM R <b>Aquamates</b> Suzi		12:00-12:45 PM R <b>Aquamates</b> Sally		12:00-12:45 PM R <b>Aquamates</b> Suzi
8:15-9:15PM R <b>Hydrofit</b> Sonia		8:15-9:15PM R <b>Hydrofit</b> Sonia		

**HYDROFIT:** This complete water exercise program is taught mostly in the shallow water. The workout focuses on cardiovascular endurance, muscular strength and endurance, as well as flexibility.

**DEEP WATER :** This total workout takes you to the deep end of the pool for cardiovascular and strength training.

**DEPTH CHARGE:** An intense deep-water experience taught in the Valles Pool Diving well! This class targets all- cardiovascular, flexibility, and core strength conditioning.

**AI CHI:** This class brings the principles of Tai Chi to the water. Enjoy this unique blend of balance, relaxation, and mental concentration.

**AQUAMATES:** This water exercise class is specifically designed for active older adults. High-energy, fun class, great for improving physical, social, and mental well being!