



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN WATER FITNESS FOR AGES 6-99+

Ages 6-14 must be proficient swimmers



Tuesdays/Thursdays from 6-6:45pm

*First 15 minutes of class is to set up your board.

On-line registration available

Monthly rate: member \$20; non-member \$40

Family rate: \$35 for 2 family members

\$40 for 3 family members

*Immediate family members on current Y membership.

Family rate not available for non-members.

Daily rate: member \$5 *if space is available

Limited to 10 participants

AQUA STAND UP!



The Y is offering a new program
AQUA STAND UP

This exciting and fun small group training program inspired by paddle boarding mixed with different fitness techniques like H.I.I.T. (High Intensity Interval Training), Pilates, Yoga and muscular conditioning. It is one of the best balance workouts choreographed to music inspired by Stand Up Paddle Boarding. This program is great for all ages, the board is very stable so you don't need to be an expert to stand up on it. Come and check it out!

