



# YMCA of McDonough County

Winter 1 Aquatic Fitness January 14 – February 23, 2019

Schedule subject to change.

AQUA FITNESS CLASSES **	Mon/Wed	Tues/Thur	Friday	Saturday
Water Aerobics* \$52.50/\$131.25	8:15 – 9:15 am		8:15 - 9:15 am	
Hydro Circuit* \$30/\$75		8:30– 9:15am		
Adult Swim Clinic \$30/\$75	9:15-10:00 am			
Aqua Zumba* \$35/\$87.50	10:00-11:00 am			
Water Walking* \$30/\$75		9:15 – 10:00am		
Arthritis/Mobility* \$35/\$87.50		10:00 – 11:00am		
Water Workout* \$52.50/\$131.25	1:30-2:30pm		1:30 – 2:30pm	
Mon. Aqua Zumba* \$15/\$37.50	5:15-6:00 pm			
Aqua Fit* \$30/\$75		7:15 - 8:00 pm		
Adult Swim Clinic \$15/\$37.50				9:00-9:45am
Adult Swim Lessons \$20/50				9:00-9:45am

\*Aqua Fitness classes are Options, except for Adult Swim Clinic and Adult Swim lessons

\*\*Aqua Fitness classes and swim lessons require a minimum of 4 people registered by the first class for it to be held.

Please note:

- All swimmers must shower before entering pool.
- No floatation suits, shirts or Mermaid/Dolphin tails allowed.
- Per the National Weather Service and the YMCA Severe Weather Policy: For the safety of all patrons and staff in and around the Pool the pool and deck will be closed for 30 min due to thunder or lightning in the area and will not reopen until 30 minutes after the last lightning or thunder. **Aquatic classes cancelled due to lightning or thunder will not be made up.**  
YMCA Aquatics Director Office #309-833-2129 r.10/5/2018



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