

HEALTHY LIVING

Improving Community Health and Well-being



ADULT AQUATICS

The Wenatchee Valley YMCA offers a variety of Aquatic opportunities for adults throughout the week. Whether training for a triathlon or rehabilitating a knee, swimming provides a great option for developing overall fitness. Water Fitness classes accommodate all abilities and enhance daily life through strength and endurance exercises in a positive group setting. 13 to 15 year olds may participate in adult aquatic programs under the direct and constant supervision of a parent, UPLIFT graduates may participate without parental supervision. Classes are free to YMCA members. Please see the current Pool Schedules at www.wenymca.org and at the Membership Services Desks for times for adult swim lessons (advanced registration required), adult open swim, adult lap swim, water walking, deep water fitness, and shallow water fitness.

Water Fitness

Water Fitness uses the buoyancy and resistance of water to allow for a quality workout in an environment that is beneficial to a wide variety of abilities. Deep and shallow water formats are provided to enhance strength, flexibility and overall wellness.

H2O Corps

H2O Corps develops your spirit, mind and body through high-intensity water aerobics that incorporate deep and shallow formats as well as modified moves found in boxercise, water polo, and even Tai Chi.

Private Instruction

YMCA Instructors will provide individual training for adult members age 16 and older in the following areas: Swimming Lessons, Stroke Refinement, Triathlon Training, Aquatic Sports Conditioning, Water Fitness and Adapted Water Fitness. Instruction takes place at EYAC, but appointments need to be made at the YMCA. The cost for Y members is \$45/hour or eight sessions for \$320. The cost for program members is \$50/hour or eight sessions for \$340.

Therapy Swim

First 12 weeks free. Physician's referral required. Wenatchee Pool.

T, Th 2:00 pm -3:00 pm

