



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER FITNESS

## FEBRUARY 2017

**Aqua Zumba®:** Splash your way into shape with an invigorating low-impact aquatic exercise. Aqua Zumba® blends together cardio-conditioning & body-toning for a refreshing workout that is exhilarating beyond belief!

Aqua Zumba	Thurs	9:00-10:00AM	Marvy	Lap Pool
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**Aqua Kickboxing:** Combines all the benefits of water resistance with the fun and energy of cardio kickboxing. Improve endurance, agility, coordination, power, balance and core stability.

Aqua Kickboxing	Mon	9:00-10:00AM	TBD	Lap Pool
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**Aqua Blast:** A moderate intensity energetic water workout designed to provide cardiovascular conditioning, enhance muscle tone and improve balance.

Aqua Blast	Tues, Fri	9:00-10:00AM	Kris	Lap Pool
Aqua Blast	Wed	9:00-10:00AM	Gina	Lap Pool

**Aqua Burn:** A moderate to high intensity total body water workout designed to increase water resistance and promote muscle strength, flexibility and endurance. A variety of equipment; water dumbbells, noodles, and kickboards are used.

Aqua Burn	Mon, Wed	7:30-8:30PM	Gina	Lap Pool
Aqua Burn	Sat	9:00-10:00AM	Marvy	Lap Pool

**Aqua Arthritis Exercise Program** – is a water exercise program designed for people with arthritis and related conditions. Water exercise is especially good for people with arthritis because it allows you to exercise without putting excess strain on your joints and muscles. **Members may only participate in 1 class per day.**

DAY	TIME	INST.	POOL
Mondays	7:00AM	Gina	Training Pool
Mondays	8:00AM	Gina	Training Pool
Mondays	10:00AM	Shari	Training Pool
Mondays	11:00AM	Shari	Training Pool
Mondays	1:00PM	Veronic	Training Pool

Tuesdays	10:00AM	Veronic	Training Pool
Tuesdays	11:00AM	Veronic	Training Pool

Wednesdays	7:00AM	Gina	Training Pool
Wednesdays	8:00AM	Gina	Training Pool
Wednesdays	10:00AM	Shari	Training Pool
Wednesdays	11:00AM	Shari	Training Pool
Wednesdays	1:00PM	Veronic	Training Pool

DAY	TIME	INST.	POOL
Thursdays	10:00AM	Veronic	Training Pool
Thursdays	11:00AM	Veronic	Training Pool

Fridays	7:00AM	Gina	Training Pool
Fridays	8:00AM	Gina	Training Pool
Fridays	10:00AM	Shari	Training Pool
Fridays	11:00AM	Shari	Training Pool
Fridays	1:00PM	Veronic	Training Pool

**Deep Water Aerobics** A low impact class on your joints. The class has a high impact on your cardiovascular system and works out your core. You may wear a flotation belt for support in the deep water or rely on your own ability to float as you perform deep water aerobics routines.

Deep Water Aerobics	Thursdays	10:00-11:00AM	Marvy	Lap Pool
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**Stretch and Strengthen – (REGISTRATION REQUIRED)** A low impact exercise class held in our warm water training pool. This class is designed to stretch and strengthen the muscles in calm, relaxing environment. Good for those with special considerations. **Members may only register and participate 1 stretch & strengthen class per day.**

CODE	DAY	TIME	INST.
AQSSAQUA20	Tuesdays	12:30PM	Lynne
AQSSAQUA21	Tuesdays	1:30PM	Lynne

CODE	DAY	TIME	INST.
AQSSAQUA40	Thursdays	12:30PM	Lynne
AQSSAQUA41	Thursdays	1:30PM	Lynne

**Sculpt and Tone** - A low impact exercise class held in our warm water training pool. This class is designed to isolate the muscles to sculpt and tone the upper and lower body.

Sculpt and Tone	Tue, Thurs	7:30-8:30AM	Shari	Training Pool
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**Healthy Joints** - A low impact water exercise class held in a warm water training pool. This class is designed to promote good joint health while toning and strengthening muscles. (This is **not** an Arthritis Foundation class)

Healthy Joints	Mon, Wed, Fri	12:00-1:00PM	Veronic	Training Pool
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**NOTE:** All Water Aerobics classes will be closed to participants 10 minutes after they begin. All classes end five minutes before the start of the new class.



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# ADULT & PRIVATE LESSONS

## FEBRUARY 2017

### Adult Beginner (Ages 15 and up) 30mins Max 8, Goal 6, Min 3 Students

It's never too late to learn how to swim! Participants 15 years and older may register for swim lessons. Our small class size enables our swim instructors to focus on each individual's swimming needs. Participants of all abilities are welcome.

Day	Time	Instructor	Online Search Code	Location
SAT	9:15AM	ED	AQABS1	Training Pool

Adult Beginner Program Fees	Family Members	Student /Adult Members	Program Only Members
Once a Week – 45 min class (4 classes)	\$45	\$60	\$110

### Private Swim Lessons (Ages 3 & Up) 30mins, Max 1 Student

For individuals that want one-on-one instruction with personalized lesson plans that maximize their productivity in the water for optimal participation. Designed for all skill levels: Introduction to water through advance skills.

#### Training Pool Privates

#### Lap Pool Privates

Day	Time	Instruct or	Online Search Code	Day	Time	Instructor	Online Search Code
MON	5:00PM	HAYK	AQPRITPM1	MON	5:30PM	HAYK	AQPRILPM1
WED	5:00PM	HAYK	AQPRITPW1	WED	5:30PM	HAYK	AQPRILPW1
TUE	6:00PM	EDITA	AQPRITPT1	THU R	6:00PM	EDITA	AQPRILPR2
FRI	3:30PM	ANI	AQPRITPF1	FRI	3:30PM	MILAN	AQPRILPF1
FRI	3:30PM	ED	AQPRITPF2	FRI	3:30PM	OSCAR	AQPRILPF2
FRI	4:00PM	ED	AQPRITPF3	FRI	4:00PM	MILAN	AQPRILPF3
FRI	4:00PM	ANI	AQPRITPF4	FRI	4:00PM	OSCAR	AQPRILPF4
FRI	4:30PM	MILAN	AQPRITPF5	FRI	4:30PM	ANI	AQPRILPF5
FRI	4:30PM	OSCAR	AQPRITPF6	FRI	4:30PM	ED	AQPRILPF6
FRI	5:30PM	ED	AQPRITPF7	FRI	5:00PM	ED	AQPRILPF7
FRI	5:30PM	ANI	AQPRITPF8	FRI	5:00PM	MILAN	AQPRILPF8
FRI	6:00PM	ANI	AQPRITPF9	FRI	5:00PM	OSCAR	AQPRILPF9
FRI	6:00PM	ED	AQPRITPF10	FRI	5:30PM	OSCAR	AQPRILPF10
FRI	6:30PM	ANI	AQPRITPF11	FRI	5:30PM	MILAN	AQPRILPF11
FRI	6:30PM	ED	AQPRITPF12	FRI	6:00PM	OSCAR	AQPRILPF12
				FRI	6:00PM	MILAN	AQPRILPF13
SAT	2:30PM (Semi-Private)	ED	AQPRITPS1	FRI	6:30PM	OSCAR	AQPRILPF14
SAT	3:00PM (Semi-Private)	ED	AQPRITPS2	FRI	6:30PM	MILAN	AQPRILPF15

Private Swim Lessons Fees	Family Members	Youth/Student/Adult Members	Program Only Members
4 Lessons*, 30 Minutes Each	\$110	\$138	\$210
4 Lessons, 30 Minutes Each (Semi-Private 2 Siblings)	\$165	\$207	\$315

### INSTRUCTORS SUBJECT TO CHANGE WITHOUT NOTICE

For questions and information please contact: Burbank Community YMCA Aquatics Department  
(818) 845-8551 ext. 284 [aquatics@burbankymca.org](mailto:aquatics@burbankymca.org)