

Water Fitness Policies

1. A minimum of 5 participants is required to constitute a water fitness class.
2. Cancellations will be done at Aquatic Director's discretion.
3. In the event of thunder or lightning the pool will close and will not re-open until 30 minutes after the last sight of lightning or sound of thunder.
4. In the event that the Ragsdale YMCA closes the pool for any reason you will be given a voucher for the class, which you can use toward your next session of water fitness classes. No refunds are given.
5. The Mary Perry Ragsdale Family YMCA does not make up classes if you are absent from your regularly scheduled class. You may attend another water fitness class at your water fitness instructor's discretion.

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy, mind, spirit and body for all.

Please Contact: Katherine Page,
Aquatics Director at
336-882-9622 ext. 235 or
katherine.page@ymcagreensboro.org
with any questions.

YWATER FITNESSTM

We build strong kids, strong families, strong communities.

*Financial Assistance is available through
our Open Doors Scholarship Program.*

MARY PERRY RAGSDALE FAMILY YMCA
900 Bonner Dr. Jamestown, NC 27282
www.ragsdaleymca.org

WATER FITNESS

MARY PERRY RAGSDALE FAMILY YMCA

Spring/Summer 2009



120 years
STRONG
YMCA OF GREENSBORO

Class Descriptions

Arthritis: This class is designed to stretch, strengthen and increase the mobility of the entire body. This class is safe and effective for those who suffer from Fibromyalgia, Parkinsons, or serious back problems.

Early Birds: This class is for those who like to be up early and enjoy a moderate to high intensity workout. Activities include water walking, abdominal and cardio workouts and workouts with water weights.

Deep Water: A complete medium to high intensity non-impact class in the deep end of the pool. Focuses on upper and lower body strength building and flexibility. A variety of equipment is used to enhance the workout such as noodles, boards, weights and paddles.

Power Combo: This class combines deep and shallow exercises for a total cardiovascular workout. Participant must be comfortable in both deep and shallow water. (Class space is limited to first ten registrants.)

Shallow Power: This shallow water fitness class includes a cardio workout, stretches and an abdominal workout.

Water Walking: This class consists of 30 minutes of various walking movement with the upper body exercises and 25 minutes of stretching, range of motion and mobility exercises. This class is recommended for those who may be overweight, have lower back problems or just starting to exercise.

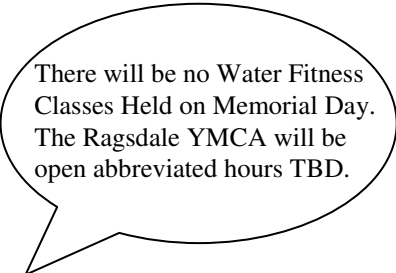
Monday/Wednesday/Friday

6:00 AM Early Birds
Instructor: Diane Summerlin
(reg. code: 07AQWF2080)

7:00 AM Shallow Power
Instructor: Diane Summerlin
(reg. code: 07AQWF2082)

8:00 AM Deep Water
Instructor: Rhonda Clark
(reg. code: 07AQWF2084)

9:00 AM Arthritis
Instructor: Rhonda Clark
(reg. code: 07AQWF2086)



There will be no Water Fitness Classes Held on Memorial Day. The Ragsdale YMCA will be open abbreviated hours TBD.

Spring and Summer Session Dates:

Spring Session 1: March 2 – April 24
Spring Session 2: April 27 – June 19
Summer Session: June 22 – August 14

Class Costs:

Monday/Wednesday/Friday Classes:
\$24 Members \$72 Non-Members

Tuesday/Thursday Classes:
\$16 Members \$48 Non-Members

Water Fitness classes are sold in 8-week sessions. All classes are one (1) hour.

Tuesday/Thursday

6:00 AM Water Walking
Instructor: Diane Summerlin
(reg. code: 07AQWF2081)

7:00 AM Deep Water
Instructor: Diane Summerlin
(reg. code: 07AQWF2083)

8:00 AM Deep Water
Instructor: Rhonda Clark
(reg. code: 07AQWF2085)

9:00 AM Arthritis
Instructor: Rhonda Clark
(reg. code: 07AQWF 2087)

10:00 AM Shallow Power
Instructor: Jon Teeple
(reg. code: 07AQWF2088)

5:00 PM Power Combo
Instructor: Dianne Davis
(reg. code: 07AQWF2089)

6:00 PM Shallow Power
Instructor: Dianne Davis
(reg. code: 07AQWF2090)