

# YACTIVE OLDER ADULTS™

## 50+ FITNESS CLUB

**Offered Winter and Early Spring Sessions.** (min 6 max 12)

A special time for people age 50+ to come to the Fitness Room & learn to use the Cybex & cardio equipment in a friendly, group atmosphere. Sharyn & Lisa will instruct on proper usage & form. Come join the fun & get fit.

## KEEP ON MOVING free for all!

**Offered Winter and Early Spring Sessions.**

This is an exercise class for people with Parkinson's Disease, their spouses, partners & caregivers. It is based on John Argue's book and video *Parkinson's Disease and the Art of Moving*. Please consult your physician before beginning any exercise class. For more information, contact Bob and Elaine Theriault at 244-9461.

## READY FIT! free for all!

**Offered Winter and Early Spring Sessions.**

This is for new exercisers or individuals who want a gentler group exercise pace. Participants will slowly increase individual fitness levels & have fun at the same time! Session includes aerobic, free weights & stability ball workouts.

## TALKS & WALKS free for all!

**Offered Winter and Early Spring Sessions.**

Interesting talks, great company, and exercise. Session begins with a talk by a notable local. After the talk, feel free to walk on the indoor track, swim in the pool or learn to use the equipment in the fitness center. On days of questionable weather, we follow the school cancellation policy. There will be no Talks & Walks on holidays, school vacation days or when school is not in session.

## ADULT SWIM LESSONS (Ages 18+)

**Offered Winter Session.**

For either the novice swimmer seeking to build confidence & learn basic swimming/survival skills or for the advanced swimmer seeking to improve stroke techniques. Classes are designed to meet the individual needs of each participant. It's never too late to learn to swim or to improve your skills. (min 3, max 6)

## LOW IMPACT WATER EXERCISE (Ages 18+)

**Offered Winter and Early Spring Sessions.**

Participants ARE led through a series of exercises which, with the aid of the water's buoyancy & resistance, can help improve joint flexibility. The water & gentle movements can also help relieve pain & stiffness.

## YMCA BOOK CLUB free for all!

**Ongoing throughout the year.**

*With Executive Director Kim Hartly. Free for All.*

Generally the group meets once a month at a local residence. Kim says the conversation is always lively! Contact Kim directly to join the group at 288-3511.

Winter Session: Memb Reg. begins Mon 12/21  
Open Reg. begins Mon 12/28  
E. Spring Session: Member Reg. begins Mon 2/8  
Open Reg. begins Mon 2/15

## Winter Session: Jan 4th - Feb 14th

### 50+ FITNESS CLUB

Tuesdays & Thursdays, January 5th - February 11th  
11:00am - noon

Free for members, \$72 non-members

### KEEP ON MOVING

Tuesdays & Thursdays, January 5th - February 11th  
10:30am - 11:30am

Free for All.

### READY FIT!

Mondays and Fridays, January 4th - February 12th  
10:15am - 11:15am

Free for All.

### TALKS & WALKS

Thursdays, January 7th - February 11th  
9:00am - 10:00am

Free for All.

### ADULT SWIM LESSONS (Ages 18+)

January 5th - February 10th

Tuesdays, 10:30am - 11:15am or

Wednesdays, 6:30pm - 7:15pm

\$30 members, \$60 non-members.

Drop ins - \$6 member, \$12 non-member.

### LOW IMPACT WATER EXERCISE (Ages 18+)

January 4th - February 12th

Monday, Wednesday, Friday 10:00 - 11:00am.

\$18 members, \$64 non-members.

Drop ins - members \$3, non-members \$3 + day fee

## E Spring Session: Feb 22nd - Apr 18th

### 50+ FITNESS CLUB

Tuesdays & Thursdays, February 23rd - April 15th  
11:00am - noon

Free for members, \$72 non-members

### KEEP ON MOVING

Tuesdays & Thursdays, February 23rd - April 15th  
10:30am - 11:30am. Free for All.

### READY FIT!

Mondays and Fridays, February 22nd - April 16th  
10:15am - 11:15am. Free for All.

### TALKS & WALKS

Thursdays, February 25th - April 1st  
9:00am - 10:00am. Free for All.

### LOW IMPACT WATER EXERCISE (Ages 18+)

February 22nd - April 16th

Monday, Wednesday, Friday 10:00 - 11:00am.

\$18 members, \$64 non-members.

Drop ins - members \$3, non-members \$3 + day fee