



Register online

YADULT AQUATICS™

We build strong kids, strong families, strong communities.

ADULT AQUATICS AT DEER PATH

AQUAMATES



Exercise with your friends and make new ones in this water exercise class specifically designed for active older adults. Class combines a variety of exercise techniques designed to improve cardiovascular ability and improve balance, core strength, and flexibility. Exercises also target muscle groups needed for the performance of everyday activities. Great for improving physical, social and mental well-being!

AQUAFIT FUSION

Unique deep water class blends an energetic, aerobic, fat burning segment with stretching, toning and strengthening yoga/pilates moves in the water. Retro, latin and hip hop music provides motivation to keep you moving. Members use flotation belts for support and aquatic fitness gloves for resistance without stressing hand or wrist joints. (Members may purchase gloves from the front desk for \$17 or bring their own).

AQUAKINETICS

The ultimate "low impact" class. This deep-water workout uses flotation belts that keep the body vertical while jogging, cycling, skiing, flutter kicking and exercising to lively music. This workout combines fat burning aerobic exercise that will increase daily energy levels with strengthening, stretching and toning moves.

H2O BODY SHOCK

This deep-water workout uses flotation belts and combines aerobic exercise with a strengthening and sculpting program. The aerobic segment offers options for all fitness levels while the sculpting segment is designed to strengthen and define muscles.

POWER PUNCH & SPLASH

A high energy workout, this shallow water class combines the intense resistance of water with powerful kickboxing moves and pumps up the fun with a combination of aerobic dance, strengthening and toning exercises

Fees for seven 45-minute water exercise classes:
Full Member: Included • Program Member: \$39

ARTHRITIS AQUACIZE

Benefits include increased range of motion and circulation. Increase flexibility and balance while strengthening and toning muscles. *Friday class features more advanced exercise at a higher cardiovascular level. Dr.'s note required to participate. Held at Hunterdon Developmental Center's therapeutic pool.

Tuesday 11:45 am – 12:30 pm
Thursday 11:45 am – 12:30 pm
Friday 11:45 am – 12:30 pm

Full Member: Included
Program Member: \$14 for seven, 45 minute classes

SWIM INC. (SPECIALIZED WATER INTEREST MOVEMENT)

Held at the Deer Path YMCA, this water exercise class and support group is for adults with physical disabilities. Adults with muscular problems such as multiple sclerosis, post-stroke, arthritis, etc. are encouraged to attend. One hour of pool time is followed by a social hour with refreshments. To register call Eleanor Kover 732-560-0582.

Friday 10:00 am -Noon FREE

SENIOR SWIM

Seniors from the community are welcome to swim at the Deer Path pool. If transportation is an issue contact The LINK, 800-842-0531, which provides rides for many of our swimmers.

Tuesday and Thursday 11:30 am - 1:00 pm
Full & Program Member: Included
Non Member: \$5 drop-in fee per day

DEER PATH POOL SCHEDULE

Spring I Session: March 1 - April 24
The pool will be closed for maintenance Feb. 22-25.
No classes March 29 - April 3

The pool schedule will change each session and during breaks. Please pick up a current pool schedule at the Deer Path YMCA or go to the YMCA website at www.hcymca.org to see the updated schedule.

ADULT WATER EXERCISE CLASS SCHEDULE

TIME	MON	TUE	WED	THURS	FRI
8:00 - 8:45 am	AquaMates		AquaMates		AquaMates
9:15 - 10:00 am	Aquakinetics	H ² O Body Shock	Aquakinetics	H ² O Body Shock	Aquakinetics
10:00 - 10:45 am	Power Punch & Splash	AquaFit Fusion	Power Punch & Splash	AquaFit Fusion	Power Punch & Splash (10:45-11:30 am)
11:45 - 12:30 pm		*Arthritis Aquacize		*Arthritis Aquacize	*Arthritis PLUS
8:30 - 9:15 pm		Power Punch & Splash		Power Punch & Splash	(8:15-9:00 pm)

All classes held at Deer Path Branch unless noted (*Held at Hunterdon Developmental Center)

QUESTIONS? Call Flora Mannino, Aquatics Director at 908.782.1044 x624

YAQUATICS™

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ADULT/TEEN SWIM LESSONS *Small Group Size (3-5)*

Instruction includes basic water safety and survival, treading water, front crawl, backstroke and breathing techniques. Breaststroke, sidestroke and diving are taught according to individual progress and level. Flotation devices provided for non-swimmers.

Sat. 12:00 - 12:45 pm Non-Swimmer/Beginner/Intermediate

Family Full Member: \$72 • Full Member: \$92

Program Member: \$115

MASTERS AND TRIATHLETE WORKOUT



A comprehensive training program for the masters or triathlete swimmer with an understanding of basic strokes who wants to improve technique and refine swimming skills. Enjoy interval training and new workout ideas.

Sat. 7:15-8:00 am or Tues. 6:00-6:45 am or Thurs. 6:00-6:45 am

Seven week session

Family Full Member: \$49

Full Member: \$69

Program Member: \$88

PRIVATE SWIM LESSONS (ADULTS & CHILDREN)

Private swim lessons for those that are trying to overcome the fear of the water or who need to focus on a special goal or skill. Students have the opportunity to work one-on-one with an instructor. Call our Aquatics Director, Flora Mannino at 908-782-1044 x 624 to schedule. 24 hours notice must be given for any lesson that must be missed.

Family Full Member: \$180 • Full Member: \$195

Program Member: \$220

ADULT SWIM CLINIC

Ideal class for adults who can swim but need to refine their strokes, learn new strokes and acquire new techniques to swim more effectively. Includes instruction on how to develop your own lap swim workout. Instructor will tailor class to your needs by assessing your skills and helping you set goals.

Tues. 9:15-10:00 am or Thurs. 9:15-10:00 am or Sat. 8:00-8:45 am

Family Full Member: \$70 • Full Member: \$75

Program Member: \$90