

Private Instruction

We also offer one-on-one private instruction at \$56.00 for members and \$81 for nonmembers- a 45-minute session for anyone who needs a little help. In these sessions, we can work on swim instruction, range of motion, balance, endurance, coordination, muscle strengthening and elongation and posture. We also have post-rehab sessions for pain management by appointment.

Contact Valerie Wiss for private swim instruction on extension 1019

Aquatics Department Contact Information:

Senior Aquatics Director -

Kathy Sterling x1020 vm

Pool Rentals-

Ethan Larme x 1034 vm

Swim Lessons/Aerobic Coordinator-

Valerie Wiss x 1019 vm

FEES

Free to Members

Participants: \$10.00 per class

Registration is NOT required for group classes, but it is required for specialty classes, unless otherwise noted.

Water Exercise Classes Note: Check for instructor availability during holidays.

Students attending DEEP WATER classes must be confident in the deep water and must be able to tread water.



Rappahannock Area YMCA
Massad Family Branch
212 Butler Road
Falmouth, VA 22405

Phone: 540-371-9622
Fax: 540-899-3694

<http://www.family-ymca.org>



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE



WATER EXERCISE

Ages 16 to Adult

H2O Morning Challenge

This is a high intensity aerobic workout in both the shallow & deep ends of the pool.

Mon. Wed. & Fri 8:45– 9:30 am

Please note: This class changes during the summer months (June, July and August).

Location: Wellness Pool

Instructor: Valerie Wiss

Aqua Aerobics

This shallow water exercise class is designed as a medium-intensity workout. The routines consist of a 10 minute warm-up, stretching; 10 minutes of strength exercises; 18 minutes of aerobic conditioning; and a cool down of 10 minutes.

M/W/F 11:00– 11:50 am

Location: Wellness Pool

Instructor: Nancy Sporrer

Deep Water Workout

Classes vary in intensity from beginner to advanced. This is a fun way to energize your workout routine. We start with 10 minutes of water walking or running. We follow with resistance exercises that target arms, waist, legs, and abs to build muscle and strength. Finally, some cool-down stretches and you're fully recharged.

M/W/F 10:00– 11:00am

Location: Exercise Pool

Instructor: Susan Richards

T/Th 8:45–9:30am

Location: Wellness Pool

Changes to 8:00 June–Aug

Instructor: Christine Carter

Arthritis Foundation Aquatics Program

This shallow water class is designed for those who suffer from arthritis. It is a low-intensity, non-aerobic exercise program designed by the Arthritis Foundation and the National YMCA to increase joint mobility.

Level 1:

This class is designed for all “new” participants into the Arthritis Aquatics Class. Everyone joining this class for the first time must participate for 4 weeks before they move onto Level 2. This class is all range of motion & muscle coordination and does not include the more vigorous “plus” part of the class. Current arthritis participants may join this class. Note from June 2—Aug 28 this class time will change to 12:00–12:45.

Level 2:

Participants should be mobile enough to go up and down stairs by themselves. For those who are ready for a more vigorous workout, the last 20 minutes of the weekday class will be used to increase the heart rate and the exercises performed are at a medium intensity in order to improve muscular strength, balance, and endurance.

Check for instructor availability during holidays and in-between Saturday swim lesson breaks.

Level 1: Tues & Thurs

10:15–10:55am *Changes to 12:00 in June

Level 2: Tues & Thurs

11:00– 11:55am

Saturday Session: (Levels 1 & 2)

11:45–12:25

Location: Wellness Pool

Direct Questions to 540-371-9622 x 1019
Valerie Wiss

EVENING SCHEDULES

M/W Deep-7:00–7:45pm

Mondays-7:30–8:20pm
shallow water aerobics

Wednesdays-7:30–8:20

Aqua Zumba

Second Fridays-

6:30– 8:00pm

Family Fun Nights!

Games and fun for
whole family.

Classes are on going— Members and
Non-members please join at any time!

