



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 2019 ADULT AQUATICS CLASSES

Session Breaks [No Classes]: Mon 6/24/19 – Sun 6/30/19 & Mon 8/26/19 – Mon 9/2/19
No Classes Running on Independence Day, Thursday 7/4/19

NAME _____ *Please PRINT and fill out completely*
PHONE #1 _____ e-mail: _____
MEMBER ID# _____ address: _____

___ Full 8-Week Summer Session [194] – July 1st thru Aug 25th

4-Week ___ Summer Session I [194 A (July)] – July 1st thru July 28th

Options: ___ Summer Session II [194 B (August)] – July 29th thru Aug 25th

<p><u>ADULT STAGES 1 & 2 (18+YRS):</u> <u>WATER ACCLIMATION & WATER MOVEMENT</u> Tue 8:30-9:30pm Sun 6:30-7:30pm 4W: M \$83 1Xwk/\$156 2Xwk; NM \$152 1Xwk/\$264 2Xwk 8W: M \$149 1Xwk/\$224 2Xwk; NM \$276 1Xwk/\$382 2Xwk</p>	<p><u>AQUA EXERCISE (18+YRS):</u> Members: FREE! Non-Members: 1X \$91/ 2X \$130/ 3X \$169/ 4X \$208 Monday, 11:00am-12:00pm, with Sandra Monday, 7:30-8:30pm, with Elisa Wednesday, 11:00am-12:00pm with Sandra Wednesday, 7:30-8:30pm, with Elisa Thursday, 6:30-7:30am, with Francine Friday, 11:00am-12:00pm, with Christine Sunday, 8:45-9:45am, with Iva</p>
<p><u>ADULT STAGES 3 & 4 (18+YRS):</u> Tue 7:30-8:30pm <u>WATER STAMINA & STROKE INTRODUCTION</u> 4W: M \$83; NM \$152 8W: M \$149; NM \$276</p>	<p><u>AQUA EXERCISE: DEEP WATER (18+YRS):</u> Members: FREE! Non-M: 1X \$91/ 2X \$130 Tuesday, 6:30-7:30pm, with Joan Thursday, 6:30-7:30pm, with Joan</p>
<p><u>ADULT STAGES 5 & 6 (18+YRS):</u> Sun 5:30-6:30pm <u>STROKE DEVELOPMENT & STROKE MECHANICS</u> 4W: M \$83; NM \$152 8W: M \$149; NM \$276</p>	
<p><u>WATER WORKOUT (18+YRS):</u> Members: FREE! Non-Members: \$91 1Xwk Wed, 8:30-9:30am, with Pat</p>	

YMCA OF GREATER NEW YORK Staten Island, South Shore

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