

ABOUT THE YMCA

WHO WE ARE:

As one of the nation's leading nonprofit organizations, the Y remains committed to building community through youth development, healthy living, and social responsibility.

OUR CAUSE:

At the Y, we work to strengthen community as our cause. Every day, we come together with our neighbors to make sure everyone, regardless of age, income or background, receives an opportunity to learn, grow and thrive.

OUR MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OPEN DOORS:

We proudly ensure that the YMCA stays accessible to everyone, and we never wish to turn anyone away for an inability to pay. Please ask about financial assistance for programs or membership - the Y feels happy to help!



THERE'S A Y
IN EVERY
FAMILY



Please check our website and Facebook page for new and up-to-date information: ligonierymca.org

FALL 2021 PROGRAM BROCHURE

LIGONIER VALLEY YMCA - 110 WEST CHURCH STREET, LIGONIER, PA 15658

P: 724-238-7580 F: 724-238-3619



GENERAL HOURS OF OPERATION

Monday - Friday	5:30 a.m. - 8:00 p.m.
Saturday	7:00 a.m. - 3:00 p.m.
Sundays	10:00 a.m. - 2:00 p.m.

Pool has same building opening times, but closes 15 minutes before closing time.

BUILDING CLOSINGS

September 6 - Labor Day
October 8, 9, 10 - Fort Ligonier Days
November 25 - Thanksgiving Day
December 24 - Christmas Eve
December 25 - Christmas Day
December 31 - New Year's Eve (closing TBD)
January 1 - New Year's Day (2022)

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SAFETY TRAINING

AMERICAN RED CROSS LIFEGUARD TRAINING

(CPR, AED/FA INCLUDED)

Requirements:

- Age 15 or older prior to course start date
- Current CPR for the Professional and First Aid by course end
- Successful completion of a pre-test: 300 yard swim using front crawl or breaststroke. Candidate must also swim 20 yards front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10lb. brick from the bottom of the pool, swim back to starting point and climb out
- Tread water 2 minutes without using hands
- Participants MUST attend all sessions

TBD based on interest list

CPR/FA/AED TRAINING

Adult & Pediatric, for the lay responder. For those who have had CPR/FA several times.

TBD based on interest list

PARTICIPANTS MUST PRE-REGISTER FOR ALL SAFETY TRAINING CLASSES

Questions? Please contact our Welcome Center to get on our contact list.



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LETTER FROM LARRY...

Dear Valued Member,

I hope all is well for you and your family. We know that this continues to be a very challenging time for everyone in our country and in our community. It has been difficult with conflicting regulations required, unclear guidance, and navigating the unknown but we have been so blessed to have great staff, engaged Board members, generous YMCA members, and a very supportive community helping us along the way. We have all worked hard and positioned ourselves to remain a vital part of the community for years to come - a true blessing.

We are continuing to phase in additional offerings at your YMCA in 2021. We follow the requirements of the State Alliance of YMCA's through this process and will maintain that into the future. We have learned a lot during these times and some things will continue including hand sanitizing stations in the fitness center, increased sanitizing of all YMCA areas, and making every effort to provide you with a safe facility.

Please look for emails, visit our website, and review our Facebook page for updates and potential changes moving forward. Again, we thank you for your patience as we navigate these difficult times. We could not get through this without your help and continued support. We look forward to serving you for many years to come as we continue to work for Youth Development, Healthy Living, and Social Responsibility.

Sincerely,

Larry M. Stormer
Chief Executive Officer
Ligonier Valley YMCA

WE WORK FOR YOU!

Welcome Center.....	Ext. 14
Larry Stormer, Chief Executive Officer.....	Ext. 10..... lstormer@ligonierymca.org
Jessica Stehley, Child Development Director.....	Ext. 20..... jstehley@ligonierymca.org
Kathi Betton, Assistant Director, Child Development.....	Ext. 13..... kbetton@ligonierymca.org
Heidi Dent, Business Manager.....	Ext. 11..... hdent@ligonierymca.org
Mike Marinchak, Program Director.....	Ext. 19..... mmarinchak@ligonierymca.org
Chelsea Brant, Aquatic Director.....	Ext. 21..... cbrant@ligonierymca.org
Erin Lischerelli, Membership Director.....	Ext. 30..... elischerelli@ligonierymca.org
Ray Nesmith, Maintenance Director.....	Ext. 26..... rnesmith@ligonierymca.org

PHONE 724-238-7580 ● FAX 724-238-3619

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MEMBERSHIP/PARTICIPANT INFORMATION

Membership Rates:

Youth (18 & under)	\$18.50/mo	(\$10 joining fee)
Young Adult (19-25)	\$25.50/mo	(\$10 joining fee)
Adult (ages 26-61)	\$39.50/mo	(\$30 joining fee)
Senior Individual (62+)	\$32.00/mo	(\$30 joining fee)
Senior Couple*	\$52.00/mo	(\$40 joining fee)
Single Parent Family	\$50.00/mo	(\$30 joining fee)
Family**	\$60.50/mo	(\$45 joining fee)

*A senior couple is defined as 2 adults, 1 is 62+

**A family membership is defined as two adults in a household with dependent children.



We also offer Temporary Memberships – please see the front desk for more information.

FINANCIAL ASSISTANCE

The Ligonier Valley YMCA commits to serving all within our community. To honor this commitment, the Y offers need-based financial assistance toward membership and program participation. We base these scholarship fees on availability of support funding and the participant's ability to contribute. Please contact the Y for further details.

LOST MEMBERSHIP CARDS

Please visit the Welcome Center to replace a lost membership card. The YMCA charges a \$4.00 fee to replace membership identification.

MEMBERSHIP BILLING

Any changes to your billing or membership must be done by the 25th of the previous month.

LOCKERS

The YMCA denies responsibility for member/participant belongings. Members may rent a locker monthly to secure personal articles while using the facility. Otherwise, we advise all participants to carry a lock to temporarily secure such items in a locker while visiting the facility. \$10/month.

"UNDER 10" POLICY

The YMCA requires direct and constant supervision of children under the age of ten (10) during unstructured visits. A parent/guardian (age 15+) must accompany child while he/she remains in the facility. We grant exceptions only to those enrolled in a paid program run by a YMCA instructor.

PROGRAM FEES

Participants MUST pay program fees at time of registration, no exceptions.

REFUND POLICY

- Ligonier Valley YMCA considers membership and program fees non-refundable. If the Y cancels a program, we issue credits/refunds in full.
- If a participant cancels program enrollment prior to start date, the YMCA issues a CREDIT, minus a 25% processing fee. We issue no credits/refunds once a program begins.
- In case of medical emergencies, the YMCA issues a refund for remaining classes when presented with verification from a licensed physician.

COVID SAFETY

The Ligonier Valley YMCA is committed to staying up to date on the latest COVID-19 regulations by following the guidelines, recommendations, and requirements of the CDC and State Alliance of YMCA's.

We will continue to update you with any change(s).

We are encouraging members to:

- Stay home rather than entering the facility or a program if you are feeling unwell
- Frequently wash hands and sanitize
- Continue to clean all equipment and surfaces before and after use



YOUTH AQUATICS

PRESCHOOL SWIM LESSONS

Ages 3-5 Water safety and stroke development. Choose one:

- Tuesday 6:00 - 6:30 p.m.
- Thursday 6:00 - 6:30 p.m.
- Saturday 9:30 - 10:00 a.m.

Session I: August 31 - October 23
\$45M/\$90NM
Session II: October 26 - December 18
\$45M/\$90NM

SCHOOL AGE BASICS & STROKES

Ages 6+ Reinforce water safety plus floating, backstroke, freestyle and breaststroke and diving. Choose one:

- Tuesday 6:30 - 7:15 p.m.
- Thursday 6:30 - 7:15 p.m.
- Saturday 10:00 - 10:45 a.m.

Session I: August 31 - October 23
Session II: October 26 - December 18
\$45M/\$90NM

FALL SWIM TEAM Starts September 20
Open to children 5 and up. Participants must demonstrate the ability to swim the pool length using a front crawl, and a pool length using a back stroke. Per YUSA all participants must maintain an active YMCA membership. Attendance is not mandatory, but recommended 3+ days a week.

Practices:

- Monday - Thursday 4:30 - 6:00 p.m.
- Friday 4:30 - 5:30 p.m.
- 8 & Under, M-F 4:30 - 5:30 p.m.
- Swim Team Fee: \$295

PRIVATE LESSONS:

All ages and abilities. Half-hour lessons arranged by appointment only.
Call 724-238-7580 ext. 21 or email cbrant@ligonierymca.org for details.
\$15M/\$30NM

SWIM STARTERS

Family fun for children age six months to three years. Join your child for water adjustment activities, games, and pre-swim instruction. Tots must wear a swim diaper under bathing suit.

Pick one:
Tuesday 6:00 - 6:30 p.m.
Thursday 6:00 - 6:30 p.m.
Saturday 9:00 - 9:30 a.m.
Session I: August 31 - October 23
Session II: October 26 - December 18
\$45M/\$90NM

PARENT/GUARDIAN

The Ligonier Valley YMCA Swim Team depends on volunteer participation. In order for swim team to be successful and efficient, it is required that all swimmers need a representative to be involved in some capacity of officiating, timing, concessions, and all other aspects of swim team. There will be seasonal fundraising that all families must participate in. Thank you in advance for your continued support.



ADULT WATER FITNESS

WHIRLPOOL

Mon and Wed 8:00 - 9:00 a.m.
An invigorating mix of shallow-water exercises (for strength and flexibility) and cardio endurance activity. Great for swimmers and non-swimmers of all ages. Ignite a calorie burn that lasts...come start your day with us!

WET N/ WILD

Mon/Wed 6:00 - 7:00 p.m.
Discover the power of aquatic exercise. An unpredictable mix of shallow and deep water activity provides an enjoyable and effective total body workout. Get wild with us!

"JUST ADD WATER"

Tues/Thurs 9:00 - 10:00 a.m.
Power Workout. A pick-up that lasts the whole day. Water supports and aids movement while providing unique resistance...a natural weight machine.

SENIOR SPLASH

Mon/Thurs 10:30 - 11:30 p.m.
Offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance - no swimming ability required.

ADULT PROGRAMS

OPEN ADULT BASKETBALL LEAGUE

This program is a competitive basketball league for those 15 & up. A structured league setting to continue playing the sport you enjoy. Must have a minimum of 4 teams.
Tuesday/Thursday 6:15, 7:15, 8:15 p.m.
September 21 - December 16
M \$45/NM \$75

NOON TIME BASKETBALL

The program offers a chance to play basketball and be physically active in a less competitive atmosphere. Pick-up games each Wednesday and Friday in the Gymnasium; all abilities welcome from 1:00 - 2:30 p.m.
FREE for members.
Guests must pay \$5.00 a day

ADULT RECREATIONAL VOLLEYBALL LEAGUE

This program is an opportunity for adults to be active and social in a league setting.
Starts Monday, September 13
6:00, 7:00, 8:00 p.m.
\$144/team

PICKLEBALL

Monday/Tuesday/Thursday 11:30 - 2:30 in the Gym
Wednesday & Friday 10:45 - 12:45 in the Gym
FREE for members.
Guests must pay \$5.00 a day.
Silver Sneakers please swipe card

ADULT GROUP FITNESS

SPINNING®

The cardio class for almost anyone! Pedal your way through a rockin' time on a specially-designed stationary bicycle. Join the crowd and enjoy the sights and sounds of our new state-of-the-art Spinning® room. Instructors set the pace, provide encouragement, and inspire you to turn up the tension and pedal fast. Come in and break a sweat with us! Officially licensed facility.

PILATES

Pilates offers a method of body conditioning based on use of positioning and gravity to work the muscles. Pilates workouts focus first on developing strength through the core of the body – the back, abdomen, and hips – providing a solid foundation to challenge the rest of the body. The concentration focuses not only on strength, but also flexibility and coordination.

MORNING WORKOUT

Offers exercise that causes the muscles to contract against external resistance. These movements increase muscle strength, tone, mass, and endurance. External resistance tools include dumbbells, rubber exercise tubing, or any other object that causes the muscles to contract.

YOGA

Our yoga instructors will guide you towards complete wellness, flexibility, strength, and balance. Our offerings range from classes that focus on a slower pace with longer-held poses exploring healthy alignment to more vigorous, flowing styles. Classes suitable for all levels of experience.

BODY PUMP

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

ZUMBA®

Licensed Zumba® facility. A Latin-inspired dance-fitness program, fuses hypnotic Latin rhythms and easy-to-follow moves to create fun, effective fitness that blows you away! Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body energizing, awe inspiring movements meant to engage and captivate for life!

YOUTH & TEEN FALL SOCCER

Ages 4-14 * All levels of experience and ability

Four co-ed divisions based on a philosophy of inclusion and sportsmanship!

- All sessions held at the Ligonier Camp and Conference Center.
- Program bases categories upon the player's age as of September 1, 2021, coaches draft players following the first two practices.
- Please visit or contact the YMCA for a registration form, or visit us online at www.ligonierymca.org to register.
- Registration fees include a team T-shirt (please indicate size on program enrollment form).
- The youth soccer program recommends all players wear shin guard and sneakers/rubber cleats.
- Players with braces should wear a mouth guard; those with eyeglasses should wear sports goggles.

The soccer league enables children to participate at their level of ability. The programs are age appropriate for rules, field size and ball size. All children play equal amounts of time to develop soccer skills, teamwork and character development.

U8, U10, 12 and under, 14 and under

August 21 – October 16

Practices: 6:00 – 7:00 p.m.

U8: Wednesday

U10, 12 & under, 14 & under: Tuesday

All games on Saturday morning

9:00 a.m. – U10, 12 & under, 14 & under

10:15 a.m. – U8

U6 (ages 4-5)

An introductory program with small sided games to introduce our younger players to the skills and game format of soccer. Rules will be incorporated to maximize the experience of teamwork, skill development and character development.

August 23 – October 18

Practices: Mondays, 6:00 – 7:00 p.m.

M\$45/NM\$90

Kickers

Ages 3-4. Starts September 13 Introductory program to teach youth soccer enthusiasts the skills of soccer. Skills include passing, dribbling, shooting and more. Parent participation is encouraged.

Monday night, 6:00 – 6:45 p.m.

\$45M/\$90NM



YOUTH & TEEN BASKETBALL LEAGUE

YOUTH BASKETBALL PRE-SEASON, SKILLS & DRILLS

Grades 1 – 6, co-ed
Skill based program to prepare participants for the Y basketball league.
November 6 – 27
(4wk program on Saturdays)
Ages 4 – 6: 9:00 a.m.
Grades 1-3: 10:00 a.m.
Grades 4-6: 11:00 a.m.
\$20M/\$35NM

YOUTH BASKETBALL LEAGUE
Players organized by age and ability, with kids playing games on both competitive and non-competitive levels. Program emphasizes skill building, teamwork, and character development. Team Draft Day: Saturday December 4.
Practice can be M-F one time per week, games on Saturdays, beginning January 8.
Grades 1-3:
Grades 4-6:

M\$45/NM\$90

**Coaches Meeting Wednesday,
November 18 at 6:00 PM.
New Coaches Welcome! All
Coaches Required to Attend.**

FENCING

Instruction for all levels, from beginners to National Champions. Children 8-12 may take class along with parent (guardian). Class encompasses the use of foil, epee, and saber.

Teaches basic skills of fencing.

Advance at your own pace with the opportunity to compete at a high level.

Monthly fee: \$20M/\$40NM
Drop in fee: \$3M/\$5NM
Wednesday & Friday – Activity Center
6:00 – 9:00 p.m.
Ages 8 to adult – beginners welcome.

Please check our website and Facebook page for new and up-to-date information: ligonierymca.org

PERSONAL TRAINING

Personal trainers provide individual workout plans based on your specific needs to take your fitness training to the next level. Choose your favorite personal trainer and take the first step to improving your overall wellness. You will meet for an initial assessment to discuss your goals and determine your current level of fitness. Then the fun begins! Your trainer will design a workout routine that suits YOU the best. No matter if your goals are to improve your cardiovascular ability, build muscle, improve flexibility, rehabilitate an old injury or prevent a future injury, our trainers can help you get there. Sign up today! \$50M/\$70NM per hour

OUR PERSONAL TRAINERS

ADAM BROWN Adam is an AFAA certified personal trainer and Russian Kettlebell Certified instructor. He is an outdoor enthusiast who has run ultra-marathons, obstacle course races, and played multiple sports. His clients include law enforcement officers, student athletes, Iron Man triathletes, and senior citizens. Adam specializes in injury prevention, functional movement, weights, kettlebells, and body weight exercises. He has helped many clients recover from knee, hip, and shoulder replacement surgeries as well as helped them prepare for such procedures.

TOMMIE KORNEKE Tommie has been an active member of the Ligonier YMCA for 24 years. She has been a member of the Ligonier Valley community for 37 years, lending her skills to various organizations in the area. She received a B.A. degree in Accounting and was a business owner in Ligonier for 26 years. Tommie is a NASM Certified Personal Trainer and has held certifications in the Silver Sneaker's training program. She intends on specializing in the 50 and older group. Her mantra is "Fit Over Fifty". She will concentrate on building her client's balance and strength endurance through a mixture of resistance exercises, cardio and yoga for better daily living. She recently has completed a course in group training in Total Body Resistance exercise (TRX) in Pittsburgh and is qualified to teach the movement based on suspension exercises.

JEREMY ARBORE Jeremy is a graduate of Saint Francis University, obtaining a bachelor's degree in biology. He is a certified personal trainer through AFAA and a PADI Open Water Scuba Instructor. Jeremy has participated in 5k's, Mud on the Mountain, and Tough Mudder. His clients range in age from early teens to seniors and he works with them to improve everything from performance in sports to an overall improvement in health and daily living. He specializes in weight loss, body weight exercise, weight lifting, body sculpting/bodybuilding, and obstacle course preparation. Jeremy strives to find the niche in fitness that each specific client needs and enjoys, ensuring a healthy lifestyle for the future.

Please check our website and Facebook page for new and up-to-date information: ligonierymca.org



FITNESS CENTER SERVICES

FITNESS 101

JUST FOR OUR NEW MEMBERS. A FREE introductory session for our fresh health-seekers. We work with you to build a basic workout that fits your needs. Learn how to adjust the equipment, plan your workout, and set realistic goals!

FITNESS HEALTH ASSESSMENT

Are you interested in finding out more about your current fitness level? Our certified staff will conduct a series of cardiovascular, flexibility and strength and endurance tests to identify your current fitness level and to help you define your health and fitness goals. M\$20/NM\$40

FITNESS CENTER STAFF

Jeremy Arbore	Melissa Ortego
Sam Howard	Kendall Schandel
Michael Marinchak	Krista Tomalson
Deb Priest	Natalia Tomlinson
Sadye Brant	Devyn Langevain
Anna Salancy	

Look for us to help you take advantage of our updated equipment: Stairmasters, Treadmills, Ellipticals, Rowers, Free-Weight Room, Schwinn Aerodynes, Complete Cybex Circuit

YOUTH FITNESS CENTER POLICY

- Anyone under the age of 15 may not use the Fitness Center unless in a supervised program of the Ligonier Valley YMCA.
- Everyone 12-14 years MUST complete training and equipment orientation, by appointment only, in order to use the Fitness Center with the supervision of an Adult/Guardian (guardian must be 18 or older). (If you take the course, pass the test, and sign the Code of Conduct.)
- Anyone that completes the required will receive a card held in the Fitness Center signifying their access.
- Access to the Fitness Center may be revoked for foul play/misconduct at any time.
- Anyone 15 years or over possess full privileges of facility usage, and do not need Adult Supervision.
- We expect our Youth Members to exhibit proper etiquette and respect for others and equipment at all times.

BOOM CLASSES

BOOM MUSCLE

Action-based, functional and strength conditioning class that provides a dynamic workout. MUSCLE focuses on a variety of strength-based training techniques and movement patterns borrowed from popular sports and leisure activities. Lunges for hiking and cross-chop rotations to improve golf and tennis swings are just a few examples.

BOOM MOVE IT

Combines a great cardio workout with fun, dance-style choreography. This high-energy class will have you dancing to music from many eras and genres. Every class is designed to be challenging but doable.

BOOM MIND

Fuses the best of Pilates, Yoga and athletic stretching in a way that makes these disciplines accessible to participants of multiple skill levels. This class specifically focuses on improving overall range of motion and strength, balance, core stability and flexibility.

Please check our website and Facebook page for new and up-to-date information: ligonierymca.org

YOUTH GET ACTIVE

PRE-SCHOOL SPORTS

INTRO I & II

THIS PROGRAM HAS BEEN CANCELLED FOR THE YEAR.



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CHILD DEVELOPMENT PROGRAMS

PROGRESSIVE EDUCATION

SUPPORTING THE DEVELOPMENT OF THE WHOLE CHILD...

We believe in a core list of traits for each teacher and classroom to follow. These traits are why we are here – to impact your child’s life and help him/her on the path of learning. These beliefs hold true for each classroom and are the basis of our curriculum:

- Build a trusting relationship with each child
- Provide responsive, individualized care
- Create environments that support and encourage exploration
- Ensure children’s safety and health
- Provide opportunity for physical development
- Develop partnerships with families
- Observe and document children’s development to plan for each child and the group
- Recognize the importance of social/emotional development
- Appreciate cultural, family, and individual differences
- Take advantage of every opportunity to build a foundation for lifelong learning
- Support dual language learners

A CARING ENVIRONMENT THAT FOSTERS CREATIVITY AND A LIFETIME LOVE OF LEARNING!

Family Style Breakfast & Snacks, Everyday Math and Guided Reading, Creative Curriculum Aligns with Early Learning Standards, Hands on Approach to Science, Thematic Approach to Learning, Active Play (Outdoor/Gym)

CREATING LIFE-LONG LEARNERS

As a Keystone STARS facility, we design programs that help your child develop critical-thinking skills and intellectual curiosity-characteristics that promote successful learning in the kindergarten classroom and beyond.

OUR EDUCATORS

Our program employs degreed professionals as administrators and lead teachers. All educators obtain several hours of professional development annually, in addition to CPR, AED, and First Aid Certifications.

OUR PROGRAMS

- INFANT & YOUNG TODDLER CARE
- TWOS & THREES PROGRAM
- PRESCHOOL
- PRE-KINDERGARTEN
- SCHOOL-AGE BEFORE & AFTER SCHOOL
- EXTENDED CARE HOURS
 - (M-F, 6:15AM-6:00PM)

CHILD DEVELOPMENT ADMINISTRATORS

Director of Child Development
Jessica Stehley,
724-238-7580 ext. 20
jstehley@ligonierymca.org

Assistant Director of Child Development
Kathi Betton
724-238-7580 ext. 13
kbetton@ligonierymca.org



The Ligonier Valley YMCA offers SilverSneakers and Silver & Fit to members of participating Medicare Health Plans. Call your health insurance provider to find out if you qualify. If not, please call the Y and we’ll help find the best way to get you on the fast track to wellness!

FREE BASIC ADULT MEMBERSHIP TO THE Y
FREE USE OF THE FITNESS CENTER & POOL
FREE GROUP EXERCISE ENROLLMENT
ACCESS TO TRAINED ADVISORS

SENIOR FITNESS

CARDIO CIRCUIT

Combines fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball alternates with non-impact aerobic choreography.

SILVER SPLASH

Activate your urge for variety. SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance – no swimming ability required. The program provides a special SilverSneakers kickboard, used to develop strength, balance, and coordination.

SENIOR YOGA

Senior Yoga presents a special yoga experience in which participants learn gentle, effective stretching to help maintain joint flexibility and prevent injury. Increasing your muscular endurance, improve muscle tone, and use the restorative breathing exercise to help you relax physically and mentally.

THERAPY POOLS

Sessions are made by appointment at the Welcome Center and can be purchased in groups of 5 or 10. Therapy pools are for the use of those aged 18 or older. Special circumstances will need approval.

5 Sessions: M\$25/NM\$50
10 Sessions: M\$50/NM\$100

