



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY

6/11

## DEEP WATER CONDITIONING

### What is it?

This is an interval class using natural resistance that is held in deep water while wearing a floatation belt.

### Who is it for?

This class is for individuals of all fitness levels who want to challenge themselves to increase cardiovascular endurance.

### What do I wear?

Wear a swimsuit.

### Where should I go on the first day of class?

Come to the front desk and tell them you are here for Deep Water Conditioning, and they will direct you to the locker rooms and pool.

### How do I register?

This is a free program for members only. See our current Group Fitness Schedule for class days and times or call 436-9622.

### Any other questions?

Contact:      Downtown Center      436-9552  
                         Broadview Center      436-9541

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

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at 436-9622.