

## American Red Cross Water Safety Instructor (WSI) Course

The American Red Cross Water Safety Instructor Course trains instructor candidates to teach water safety, including the basic water rescue course, six levels of the learn to swim program and the Parent/Child Aquatic Program. Certifications are included with successful completion of this course. For more information, contact Gillian Davis at [gdavis@mfldymca.org](mailto:gdavis@mfldymca.org)

## American Red Cross Lifeguard Course

The American Red Cross Lifeguard Course will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. This comprehensive course offers up-to-date information on how to guard, anticipate, and take action to help those in need. Certification issued upon successful completion of the course. For more information, Contact Aaron Heiss at [aheiss@mfldymca.org](mailto:aheiss@mfldymca.org)

## FINANCIAL ASSISTANCE

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. With funds raised through the Annual Campaign, the Y is able to offer financial assistance to all qualified applicants, whether through membership or a program. Stop by Member Services to pick up an application or visit us online [www.mfldymca.org](http://www.mfldymca.org).

## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

410 West McMillan Street  
Marshfield, WI 54449  
P: 715.387.4900  
F: 715.384.7085  
[www.mfldymca.org](http://www.mfldymca.org)

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Marshfield Clinic

HEALTH SYSTEM



FOR YOUTH DEVELOPMENT®  
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# BE HEALTHY BE STRONG BELONG



## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

### Adult & Teen Aquatic Programs

Fall 2 Session

October 23-December 17, 2017  
No Classes November 20-26, 2017

## ADULT/TEEN SWIM LESSONS

### Ages 12 & up

Safe swimming skills are something everyone should know at any age. Participants will learn to adjust to the water and to develop proficiency in the pool. For those more comfortable in the water, stroke development and endurance are the focus. Water safety is emphasized with all participants who will be divided by age (teen & adult) and skill level. This class will be held in either the large or small pool depending on the skill levels of class participants.

**Monday** 7:15 - 7:55 pm

Y-Member: \$39 • Participant: \$57

## ARTHRITIS AQUATIC PROGRAM

This therapeutic, non-impact class uses the buoyancy of water to support your body, reducing stress on weight bearing joints while improving flexibility and muscle tone. Class format consists of mild water exercises designed to safely move joints through a full range of motion. This class is appropriate for those impacted by arthritis, posture and balance issues, orthopedic/neuromuscular conditions or other physical limitations.

**Monday/Wednesday/Friday** 8:30 - 9:15 am

Y-Member: \$40 • Participant: \$60

## IT'S ABOUT YOU!

### PRIVATE & SEMI-PRIVATE SWIM LESSONS

These lessons are for children and adults, 3 years and up, and are adjusted to fit the specific needs of the student(s). This is your chance to get undivided attention and instruction from one of our experienced swim instructors. To register, complete a private swim lesson form at Member Services. Lessons are subject to the availability of instructors. Lesson length is 30 minutes.

Y-Member: \$20 • Participant: \$40

For more information, contact Gillian Davis, Aquatic Program Director, at [gdavis@mfldymca.org](mailto:gdavis@mfldymca.org)

## AQUA ZUMBA

Splash your way into shape with an invigorating low-impact pool party. This water-based workout is cardio conditioning, body toning, and most of all, exhilarating beyond belief.

**Thursday** 9:30 - 10:15 am

Y-Member: \$22 • Participant: \$33

**Ask Member Services about Saturday Aqua Zumba drop-in classes.**

## WATER EXERCISE

Enjoy the benefits of shallow and deep water workouts designed to improve cardiovascular health and fitness by focusing on aerobic exercise, muscle toning, and strengthening your entire body. This class uses aqua jogger belts in the deep water so no swimming ability is needed.

**Monday/Wednesday/Friday** 9:30 - 10:30 am

Y-Member: \$50 • Participant: \$75

**Tuesday/Thursday** 5:30 - 6:30 pm

Y-Member: \$35 • Participant: \$53

## SENIOR WATER EXERCISE

Jump on into the warm water. This class, held in the shallow water of our small pool, helps improve flexibility, range of motion, balance and cardiovascular health without the stress of weight bearing on joints. Be ready for a full body workout without the pain of regular day to day activities.

**Monday/Wednesday/Friday** 9:20 - 10:05 am

Y-Member: \$40 • Participant: \$60

