



MONROE COUNTY YMCA

SOUTHEAST BRANCH
2125 South Highland Avenue
Bloomington, IN 47401
812-332-5555

Questions? Contact Gayle Ebel, 961-2171 or email gebel@monroecountyyymca.org.
For class descriptions and more program information: monroecountyyymca.org

Prices are listed for members/non-members

ADULT WATER CLASSES Southeast Branch

Session 5: Aug 15- Oct 16
Session 6: Oct 17- Dec 17

NEW 9-WEEK SESSIONS!
Session dates have changed due to SE facility improvements. See website or Welcome Center for more details.

For Yoga, Tai Chi, Pilates, Water Classes, or Personal Training options please see their separate fliers.
KEY: **B** - Basic **I** - Intermediate **ML** - Multi-Level **A** - Advanced **♥** - Included in Your Membership

Please see the annual catalog or our website for descriptions of each class. Fees are listed for members/non-members.

Cancellation Policy: The YMCA reserves the right to cancel any program which does not meet minimum enrollment standards.

ARTHRITIS AQUATICS BASIC **B**
M/W/F 12:05-12:50 ♥
T/Th 12:00-12:45 pm ♥
Multipurpose Pool

ARTHRITIS AQUATICS DEEP WATER **ML**
M/W/F 10:00-10:45 am \$70/\$175

ARTHRITIS AQUATICS PLUS PROGRAM **B**
T/Th 10:45-11:30 am ♥
Multipurpose pool

30 MINUTE WATER RUNNING **A**
T/Th 10:00-10:30 am \$47/\$118
Main Pool-deep

AQUA-FIT DEEP WATER
M/W/F 9:00-9:55 am **I** \$65/\$163
M/W/F 12:00-12:55 pm **ML** \$65/\$163
T/Th 8:50-9:45 am **B** ♥
Main Pool-deep

AQUA-FIT SHALLOW WATER
M/W 6:15-7:00 am **B** \$57/\$143
M/W/F 9:00-9:55 am **B** \$65/\$163
M/W/F 6:00-6:55 pm **B** \$65/\$163
T/Th 9:00-9:55 am **ML** \$62/\$155
Multipurpose Pool

PREGNANCY & WATER EXERCISE
Water classes are safe and effective for women during and after pregnancy. Physician's written approval is required--please give to class instructor on the first day of class. Suitable for all fitness levels.

PRIVATE & SEMI-PRIVATE LESSONS
Swimming lessons for ages 3 and up.
Private 4 half-hour lessons \$80/\$115
Semi-Private 4 half-hour lessons \$120/\$155
(lessons for 2-3 people; only one party pays)

*Note: Teachers work on a scheduled appointment basis. In order for us to use our time effectively, members are asked to give teachers 24-hour notice when cancelling a lesson or be charged for the class.