

YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

WARD FAMILY YMCA - 614-252-3166

Sharon Marshall : smarshall@ymcacolumbus.org

Fall One Session 2010 - September 6 - October 24

Registration begins: Metro/Facility Members - July 31 Program Members - Aug 8

AOA Program Members - Register Monthly

Class	\$ FEES			Code	Mo	Tu	We	Th	Fr	Sa
	M	P*	F							
Adult Swim Lessons	28	68	28	ASWIMSAT						9:00AM-9:40AM
AOA Line Dancing	Free	20 Month	Free	Register Monthly	9:15AM-9:45AM		9:15AM-9:45AM		9:15AM-9:45AM	
Silver Sneakers® Cardio Circuit	Free	20 Month	Free	Register Monthly	9:45AM-10:30AM		9:45AM-10:30AM		9:45AM-10:30AM	
Silver Sneakers® M.S.R.O.M.	Free	20 Month	Free	Register Monthly	10:30AM-11:15AM		10:30AM-11:15AM		10:30AM-11:15AM	
AOA Tai Chi	Free	20 Month	Free	Register Monthly	11:15 AM-11:45 AM				11:15 AM-11:45 AM	
Silver Sneakers® SilverSplash	Free	20 Month	Free	Register Monthly	10:30AM-11:30AM				10:30AM-11:30AM	
Silver Sneakers® SilverSplash	Free	20 Month	Free	Register Monthly	11:30AM-12:30PM		11:30AM-12:30PM		11:30AM-12:30PM	
AOA Swim Lessons	28	68	28	AOASWIM				12:00PM-12:40PM		
50+ Fitness	Free	15 Month	Free	Register Monthly		9:30AM-10:15AM		9:30AM-10:15AM		
Core Exercise	Free	15 Month	Free	Register Monthly		10:15AM-10:30AM		10:15AM-10:30AM		
Tai Chi	Free	15 Month	Free	Register Monthly		10:30 AM-11:00 AM		10:30 AM-11:00 AM		
Arthritis Foundation YMCA Aquatics	28	68	28	AQUAARTH		1:00PM-2:00PM		1:00PM-2:00PM		

M = YMCA Metropolitan Member **P*** = YMCA Program Member (must have active Program Membership)

FREE = Free for Members **F** = YMCA Facility Member

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
Judeo-Christian principles that build a healthy spirit, mind and body.

8/17/2010

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Active Older Adults Program (AOA) is a fun-filled fitness program designed for senior adults ages 55 or better (and/or persons with physical disabilities). The program includes three exercise classes per day as well as use of the fitness center, pool, gymnasiums and hot tub during AOA hours.
Program Members - \$30 yearly membership fee + \$20.00 monthly (per calendar month)

Silver Sneakers®

Members of participating Medicare health plans can join the nation's leading fitness program for seniors. This trademarked group exercise class is designed for older adults ready to have fun and get fit. The program offers energy building classes that include a warm-up and rhythmic range of movement, stretch, work with resistance tools, cool down, final stretch and relaxation segment.

Silver Sneakers® Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength workouts with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Silver Sneakers® Muscular Strength & Range of Motion

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneakers® SilverSplash

Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

AOA Line Dancing

Volunteer led, this time during the day is for learning new moves and getting warmed up for your AOA day.

Arthritis Foundation YMCA Aquatics Program

Certified instructors lead participants through a series of specially designed exercises that use buoyancy and resistance to help improve joint flexibility by following a curriculum approved by the Arthritis Foundation.

50+ Fitness

This class works on cardiovascular and strength training endurance, core (abs & back) strengthening & stability. See Sharon for more details!

Adult and AOA Swim Lessons

Adults learn basic swim and safety skills. Techniques for overcoming fear of water are also covered. Class can accommodate beginners or advanced swimmers looking for improvement.

AOA Tai Chi

Tai Chi enhances muscular strength, flexibility, and stamina while promoting relaxation. With regular practice, Tai Chi will aid in improving health and fitness. See Cheryl for more info.

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