



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR BALANCE & FITNESS



Aqua Stand Up Northwest YMCA

AQUA STAND UP® is a new amazing and safe Swimming Pool Training Program inspired by Stand Up Paddle choreographed to music. This Training Program will strengthen the entire body, increase the cardiovascular endurance, stabilize the core and improve the balance and flexibility.

BENEFITS OF AQUA STAND UP

- Have fun
- Lose weight
- Improve balance
- Firm up abdominal muscles
- Eliminate backache
- Strengthen upper body

DAYS

THURSDAY: 11:15am - 12:15pm

SATURDAY: 1:45pm - 2:45pm

REGISTRATION

Register at our Member Services Desk or online at <https://reg.ymcasv.org>.

FEES

Lessons	Card \$	Card \$	\$ per class	\$ per class
	Facility	Program	Facility	Program
Drop-in	\$15	\$25	\$15.00	\$25.00
3	\$40	\$60	\$13.33	\$20.00
6	\$69	\$89	\$11.50	\$14.83
9	\$96	\$119	\$10.67	\$13.22
12	\$118	\$138	\$9.83	\$11.50
18	\$159	\$179	\$8.83	\$9.94

**Drop-in spaces limited, based upon availability.*

MAXIMUM GROUP CAPACITY

8 Members per group

CANCELLATIONS/REFUNDS

Classes may be canceled due to low enrollment. We will do our best to accommodate another time slot; if we cannot, we will refund you in full. There are no refunds, credits or make-ups for missed classes or for unforeseen events. Punch cards are non-transferable and available on a first come first serve basis. You must obtain a wristband prior to attending the class.

CONTACT: Lida Xhindi

lida.xhindi@ymcasv.org | 408-351-2417