

Water Exercise Classes

Active Older Adult Water Exercise – Designed for mature adults, the goal of Active Older Adults is to keep seniors ages 60+ on their feet and moving. This class focuses on improving balance, strength and cardiovascular endurance. The exercises for this class are performed at a slower tempo and participants are encouraged to work at their own pace.

Aqua Aerobics – A high intensity, low impact workout that allows you to stay cool while you improve your strength, muscle tone, flexibility and cardiovascular system. You can work at your own pace to get a total body workout.

Aqua Jog – Conducted in the deeper part of the pool, Aqua Jog has all the cardiovascular exercise and stretching you need with no impact to your joints. Aqua jog incorporates exercises that also strengthen your abdominals and a flotation belt is worn that is made especially for this class. Participants must be comfortable in the deep water as the entirety of the class is held in the deep end. Both morning and evening classes are available.

Arthritis – This class is dedicated to people with arthritis (however, anyone is welcome) and is held at the Illinois Veteran's Home where the pool is kept at a warmer temperature to help increase blood circulation which aides in the reduction of inflammation. A nationally certified arthritis/YMCA instructor leads the class in specially designed activities that help improve joint mobility, flexibility, and balance. This class is held in a safe, ideal environment for relieving arthritis pain/stiffness. Classes are on Mondays, Tuesdays, Wednesdays and Fridays. This class is limited to 35 participants.

Dick's Dolphins – This class allows you to become more comfortable in the water at any age. By taking Dick's Dolphins, you can improve your current strokes, make new friends and learn new skills. Prior swimming skills are required for this class and you progress at your own rate.

Hydrotone – This high energy water exercise class will tone your muscles, increase your cardiovascular endurance and improve your attitude towards exercise. Taking place in the shallow end, these low impact exercises allow you to increase your flexibility and improve your cardiovascular fitness without the stress on your joints.

Stretch and Flex – An hour long class led by a certified Arthritis Foundation Instructor. This class is similar to "Active Older Adults" but geared towards those who have arthritis and benefit from a longer warm-up and cool-down than other water fitness classes. This class is considered a "Plus" class by the Arthritis Foundation standards.