



# MONROE COUNTY YMCA

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

Questions? Contact Amy Plunkett, 961-2171 or email [aplunkett@monroecountyyymca.org](mailto:aplunkett@monroecountyyymca.org).  
**For class descriptions and more program information: [monroecountyyymca.org](http://monroecountyyymca.org)**

Prices are listed for members/non-members

## ADULT WATER CLASSES Southeast Branch

### WINTER/SPRING 2019

Session 1: January 2-February 17  
Session 2: February 18-April 14  
Session 3: April 15-June 2

For Yoga, Tai Chi, Pilates, Group-Ex Land, or Membership-Included Classes please see their separate fliers.  
**KEY:** **B** - Basic    **I** - Intermediate    **ML** - Multi-Level    **A** - Advanced

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

**ARTHRITIS AQUATICS DEEP WATER** **ML**  
M/W/F 10:00-10:45 am \$53/\$133  
Main Pool-deep

**AQUA-FIT DEEP WATER**  
M/W/F 9:00-9:55 am **I** \$53/\$133  
M/W 12:00-12:55 pm **ML** \$50/\$125  
Main Pool-deep

**AQUA-FIT SHALLOW WATER**  
M/W 6:15-7:00 am **B** \$46/\$115  
M/W/F 9:00-9:55 am \$53/\$133  
M/W/F 6:00-6:55 pm **B** \$53/\$133  
T/Th 9:00-9:55 am **ML** \$50/\$125  
Multipurpose Pool **ML**

### 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.