

Aqua Water Strength Class

"Ikaika Kupuna"

2023

Session One - January 4th through March 17th

Session Two - May 10th through June 23rd

Who: Seniors

What: A strength training water class - all levels welcome

When: Wednesdays & Fridays at 11:30 am

Where: YMCA - 4477 Nuhou Street, Lihue

Why: As we get older we must remain physically strong.

Cost:

Non YMCA members - a \$5.00 per visit guest fee will apply.

Fee will be collected at the front desk paid directly to the Y staff on each day of class.

YMCA members no extra charge.

Equipment:

No special equipment needed.

If you already use water bar bells, floatation belts, noodles, etc. you are welcome to bring them to use in class.

Email Mary Tat islandchic@hawaii.rr.com if you have any further questions.