

**Aqua Water Strength Class  
“Ikaika Kupuna”  
2022**

**Who: Seniors**

**What: A strength training water class - all levels welcome**

**When: Wednesday & Fridays in August at 11:30 am**

**First class is August 3rd**

**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 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.**

**Questions?**

**Email Mary T at [islandchic@hawaii.rr.com](mailto:islandchic@hawaii.rr.com)**

**Subject Line = YMCA class**