

## Water Exercise for Seniors

Other Eligibility Criteria

These programs are intended for older adults.

Intake Process

Call for information

Report Problems

Call the Agency

Self Refer

Yes

Staunton Augusta YMCA

<https://www.saymca.org>

<https://www.facebook.com/SAYMCAPrograms/>

<https://twitter.com/saymca1>

Main

(540) 885-8089

708 N. Coalter St

24401 VA

United States

Monday: 5:30 am-8:00 pm

Tuesday: 5:30 am-8:00 pm

Wednesday: 5:30 am-8:00 pm

Thursday: 5:30 am-8:00 pm

Friday: 5:30 am-8:00 pm

Saturday: 7:00 am-7:00 pm

Sunday: 1:00 am-7:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA offers several water or aquatic classes for adults.

Water Aerobics - Gentle AquaFIT (formerly Range of Motion) Class - Emphasizes maintaining and increasing range of motion, strength, and mobility, to benefit daily activity function.

Deep Water Aerobics - Deep-water workout using Aqua Jogging belts and music. The pool depth is 5 feet. Workout puts no stress on joints of the body.

Aquafit - Uses water resistance - Beginner/Intermediate class featuring fun choreography and resistance equipment.

Splashburner Adults - Shallow water class for the beginner/intermediate swimmer that provides an effective workout.

Service Area(s)

Augusta County

,

Staunton City