

Aquatic Group Wellness Programs

Grays Harbor College Water Exercise

Water Exercise is a full body workout in the water through low impact exercise. Participants register through Grays Harbor Community College. Forms for registration are available at the Member Service Center.

Monday, Wednesday, Friday

8:50-9:40am (class held in Rec Pool)

9:40-10:30am (class held in Rec Pool)

Winter Quarter: January 3rd – March 30th

Spring Quarter: April 9th – June 22nd

(No class Jan. 16th, Feb. 20th, May 28th)



Adult Swim Lessons

It is never too late to build confidence in the water or to refine a specific stroke technique. The YMCA of Grays Harbor offers beginning & intermediate lessons.

Fridays

12:30 – 1:15pm

Session 1: January 6th – March 23rd

Cost: \$48 members, \$84 program members

Session 2: April 13th – June 8th

Cost: \$36 members, \$63 program members

Difficulty with Movement

An adult water exercise class for individuals with mobility issues such as walking, balance and range of motion. Taught by a physical therapist, the Difficulty with Movement class emphasizes exercises that target muscle groups that strengthen and increase the range of motion necessary for more efficient movement.

Monday & Wednesday

12:30 – 1:00pm

Cost: Free

Adult Sports

Adult Indoor Fútbol

Fútbol is a five-on-five version of soccer played indoors on the basketball court with a specialized ball. This is an intense adult pickup game that is free to all members. Come try it out whether you are familiar with the game or not. This is a great way to meet other adults that are interested in physical play. Day passes are available for purchase for non-members to participate.

8:00 – 9:00pm

Cost: Free to members

Open Adult Volleyball

Spike it up! The YMCA pick up volleyball program continues to be one of the most popular adult sports programs the YMCA offers. YMCA adult members gather for lively and friendly pick-up games. Drop in to get active, hang out and play some ball!

Mondays 7:00 – 9:00pm

Wednesdays 8:00 – 11:30am

Cost: Free to members

Taekwon-Do

This program provides a wonderful experience and benefit for all individuals and strengthens families. The five tenets of Taekwon Do are Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.

More details on page 18



Noon Hoops

Join your friends and co-workers over the noon hour for a fun and stimulating game of basketball. If you are 18 or older, join us for a great run on one of the Harbor's finest courts.

Monday – Friday 12:00 – 1:15pm

Cost: Free to members