

**Y AQUATICS™**

We build strong kids, strong families, strong communities.



NEW!!!

Love the water? Do you enjoy  
Dance, Music?  
Try Synchro – Fit

Fun new aqua fitness program for adults\*

Program will incorporate basic synchronized swimming techniques, with music, in a one-hour program to promote strength, coordination, balance, flexibility, and core control.

Synchro-fit will be offered in the Winter 1 session on Tuesday mornings from 11am – 12 noon.

First Class—January 5, 2010

Fees: Members \$20 session

Program members \$30 session

\* Participants should be deep water comfortable.

Register at SY front desk

Member registration begins Dec. 14, Program members Dec. 21

Please contact Head Coach Betsy McGeech  
for more information!

Phone: 753-4565



E-mail:

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**CAPITAL DISTRICT YMCA—Southern Saratoga YMCA**