



Saint John Regional Y Older Adult Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-7:30 am Adult Warm Swim Therapy Pool	5:30-7:30 am Adult Warm Swim Therapy Pool	5:30-7:30 am Adult Warm Swim Therapy Pool	5:30-7:30 am Adult Warm Swim Therapy Pool	5:30-7:30 am Adult Warm Swim Therapy Pool
7:35-9:00 am Deep Warm Swim Therapy Pool	7:35-9:00 am Deep Warm Swim Therapy Pool	7:35-9:00 am Deep Warm Swim Therapy Pool	7:35-9:00 am Deep Warm Swim Therapy Pool	7:35-9:00 am Deep Warm Swim Therapy Pool
9:00-9:45 am Older Adult Omnia Fitness Centre	9:15-10:00 am Adult Warm Swim Therapy Pool	9:00-9:45 am Older Adult Omnia Fitness Centre	9:15-10:00 am Adult Warm Swim Therapy Pool	9:00-9:45 am Older Adult Omnia Fitness Centre
9:15-10:00 am Adult Warm Swim Therapy Pool	9:15-10:00 am Aquafit Leisure Pool	9:15-10:00 am Adult Warm Swim Therapy Pool	9:15-10:00 am Aquafit Leisure Pool	9:15-10:00 am Adult Warm Swim Therapy Pool
9:15-10:00 am Aquafit Leisure Pool	10:30-11:30 am Zumba Gold Gymnasium 1	9:15-10:00 am Aquafit Leisure Pool	10:30-11:30 am Dusty Sneakers Gymnasium 1	9:15-10:00 am Aquafit Leisure Pool
10:30-11:30 am Cardiac Maintenance Studio	11:00 am-1:00 pm Pickleball Gymnasium 2	10:30-11:30 am Cardiac Maintenance Studio	11:15 am-12:00 pm Aquatic Stretch Therapy Pool	10:30-11:30 am Cardiac Maintenance Studio
10:30-11:30 am Dusty Sneakers Gymnasium 1	11:15 am-12:00 pm Aquatic Stretch Therapy Pool	10:30-11:30 am Dusty Sneakers Gymnasium 1	12:00-2:30 pm Pickleball Gymnasium 2	10:30-11:30 am Dusty Sneakers Gymnasium 1
11:00 am-1:30 pm Adult Warm Swim Therapy Pool	12:00 pm-1:30 pm Adult Warm Swim Therapy Pool	11:00 am-1:30 pm Adult Warm Swim Therapy Pool	12:00 pm-1:30 pm Adult Warm Swim Therapy Pool	11:00 am-1:30 pm Adult Warm Swim Therapy Pool
7:30-8:15 pm Aquafit Leisure Pool	7:30-8:15 pm Aquafit Leisure Pool	1:00-2:30 pm Intro to Pickleball Gymnasium 2	2:00-2:45 pm Older Adult Yoga Studio	1:15-3:00 pm Pickleball Full Gymnasium
8:30-10:00 pm Deep Warm Swim Therapy Pool	7:30-8:30 pm Adult Warm Swim Therapy Pool	7:30-8:15 pm Aquafit Leisure Pool	7:30-8:15 pm Aquafit Leisure Pool	8:45-10:00 pm Adult Warm Swim Therapy Pool
		7:30-8:20 pm Adult Warm Swim Therapy Pool	7:30-8:30 pm Adult Warm Swim Therapy Pool	
		8:30-10:00 pm Deep Warm Swim Therapy Pool		

The above programs are not all senior specific, a good fit for older adults. We offer a wide variety of programs for all ages and stages, from Sunday to Saturday.

For full program schedule please see the Regional Y Programs Schedule at saintjohny.com

Building healthy communities

Program Descriptions

Adult Warm Swim

Come relax, stretch or just float around in our warm pool. Pool depth 3 feet 8 inches.

Aquafit

This class is a great way to improve your circulation without stressing your joints. By pushing against the resistance of the water, you can adapt each session to your own level of fitness. It's a great way to add variety to your fitness program!

Aquatic Stretch

A guided stretching routine in the therapy pool for adults to improve and retain range of motion. Swimming skills are not required. There is a max 20 participants per class for an enjoyable experience.

Cardiac Maintenance

The Cardiac Maintenance Program is designed to ensure that cardiac rehabilitation patients and those who fall under a high risk category, have a structured, supervised exercise program.

Deep Warm Swim

Enjoy the therapeutic properties of being suspended in warm water. Ideal for those with back issues and joint pain. Pool depth 5 feet.

Dusty Sneakers

This class is designed for anyone starting a fitness program and for active older adults (50+). It includes weights and flexibility.

Intro to Pickleball

Pickleball is a court sport best described as halfway between tennis and ping pong. This is an introductory program for anyone new to the sport. Equipment provided.

Older Adult Omnia Functional Training

This 30 minute class will work on your strength, stamina, flexibility and coordination. The widest range of member needs.

Older Adult Yoga

Suitable for older adults age 50+, this class combines strength and flexibility through movement and quiet release. Max 30 participants per class for an enjoyable experience.

Pickleball

Pickleball is a court sport best described as halfway between tennis and ping pong. Participant organized drop-in play for any skill level. Equipment provided.

Zumba Gold

Zumba® choreography, at a lower intensity. You still get all the Zumba benefits, including cardiovascular and muscular conditioning and increased flexibility and balance. Join us for a calorie-burning, easy-to-follow dance fitness-party.

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