



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Adult Water Programs

At the Greater Holyoke YMCA

Aqua Fitness Water Aerobics

Tuesday & Thursday

8-8:45 AM

8:45-9 AM

Wednesday

9:15-10 AM

Arthritis Foundation Water Aerobics

Tuesday & Thursday

9:30-10:15 AM

September 2025 through August 2026

Price Per Class

MEMBER	NON-MEMBER
\$3	\$6

April 2025 through June 2026

Adult Swim Lessons

Beginner

Sunday 12-12:45 PM

Tuesday 3:15-4 PM

Price per Class

MEMBER	NON-MEMBER
\$12	\$20

Questions? Email our Aquatics Coordinator; mmenard@holyokeymca.org
The Greater Holyoke YMCA The Birthplace of Volleyball®
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(413)534-5631