**Program Proposal: Aqua Boxing**

*Revenue builder for YMCA or community pool — low-impact, high-energy, beginner-friendly*

**🎯 Program Overview**

Aqua Boxing combines boxing-style movement — jabs, crosses, hooks, uppercuts — with water resistance benefits. Participants train with a water-filled punching bag in waist-to-chest-deep water, protecting joints while offering dynamic cardio and strength training. No gloves required; focus on form, cardio, and core stability.

**⭐ Program Objectives**

* Offer a unique, safe, and engaging aquatic fitness class
* Draw in adults seeking creative exercise routines
* Generate revenue and increase pool utilization
* Build a tool-kit of scalable instructors and pride in YMCA innovation

**👥 Target Audience**

* Adults ages 18–55 seeking an athletic, joint-friendly workout
* Cross-trainers, fitness beginners, and those ready to “punch out stress”

**⏱️ Class Format & Gear**

* **Duration:** 45 minutes
  + Warm-up + mobility (5 min)
  + 3 × 3–4 min rounds on Aqua Bag (shadow-box + combo drills)
  + Core circuits and cooldown (5–10 min)
* **Equipment Needed:**
  + 1–2 *Aqua Training Bags* (e.g., 18″/120 lb @ ~$197 each)
  + Optional water dumbbells
  + Portable music/timer system

**👨‍🏫 Staffing Requirements**

* 1 fitness instructor (boxing-trained or aqua-certified)
* 1 lifeguard on deck (mandatory for pool safety)

**💰 Cost Breakdown**

**⛽ Startup**

* 1 Aqua Training Bag (water-filled punching bag): **$197**
* Instructor training (boxing or aqua): **$200–$350**
* Optional: add second bag: + $197
* Sound system (if needed): **$150–$300**
* Marketing (flyers, signage): **$75**

**Total Estimated Startup:** $622–$1,019 (+197 if double bag)

**🔁 Ongoing Per Class**

* Instructor Payroll: **$45–$60**
* Lifeguard Payroll: **$20–$25**
* Admin/Facility Overhead: **$10–$15**

**Total Per Class Cost:** $75–$100

**📆 Scheduling Options**

* Tues/Thurs @ 6:30 PM + Sat @ 9:00 AM
* Format: 8-week sessions or rolling enrollment
* Times can adjust seasonally, based on pool availability

**📈 Fit for YMCA Model**

With 10–15 participants (typical class size), this becomes a financially viable offer. Plus, it:

* Enhances YMCA fitness offering
* Appeals to non-traditional fitness members
* Easily integrates into ongoing fundraising or health initiatives

**✅ Next Steps**

* Demo class to staff or leadership
* Order 1–2 Aqua Training Bags (~$197 each)
* Schedule instructor training or boxing certification
* Pilot an 8-week session and collect feedback
* Track attendance, engagement, and crew capacity for scale