

OUR POOL IS CURRENTLY UNDER CONSTRUCTION

AQUATICS FALL SESSION DATES TO BE ANNOUNCED SOON



AQUATICS

ADULT HEALTHY LIVING

ADULT SWIM LESSONS

**FALL SESSION
Dates to be Announced**

Beginner A

For adults who have no swimming experience or are unable to put their face in the water or have a fear of the water.

Wednesday 8:00 - 8:40 pm
Thursday 1:30 - 2:00 pm

Beginner B

This adult class will focus on floating, beginning strokes, stroke technique, jumping in, combination strokes, safety and endurance.

Monday 7:45 - 8:25 pm
Wednesday 8:40 - 9:20 pm
Thursday 1:30 - 2:00 pm

Intermediate Swim Lesson

Must have successfully completed BEGINNER B or swim one pool length (25 yards) with over arm recovery. Teaches rotary breathing, backstroke, and endurance.

Tuesday 8:30 - 9:15 pm

Adult Coached Advanced Tune Up

Swim more.... **EFFICIENTLY, EFFECTIVELY, FASTER**

Thursday 8:15-9:15 pm

MASTERS SWIM TEAM

Open to adults 19 years old and up. Program features coached workouts and drills. Practices are held on Monday, Wednesday, and Fridays. 5am-6am. Team members are eligible to compete in meets. (8 weeks - no break)

Session Cost: \$40 Members/\$85 non-members

Yearly Session Cost \$345 members only

HOME SCHOOL SWIMMING School Age Children

Ages 6-12 years old. This is a multi level swim class. Class will work on endurance, rotary breathing and stroke improvement.

Tuesday (Beg) 2:00 -2:30 pm
Tuesday (Adv) 2:00 -2:30 pm

ADULT AQUATIC FITNESS

**FALL SESSION
Dates to be Announced**

Water Aerobics

Aerobic water workout focuses on coordination, flexibility, endurance and toning. Adaptable from beginners to experienced participants. Non-swimmers welcome!

1-day option: \$20 members/\$40 non-members

Monday 10:05 - 10:45am
Monday 8:30 - 9:30 pm
Tuesday 7:30 - 8:15 pm
Wednesday 10:05 - 10:45 am
Thursday 7:30 - 8:15 pm
Friday 10:05 - 10:45 am

3 day \$46 members/\$105 non-member

Mon/Wed/Fri 10:05 -10:45 am
Monday 8:30 - 9:30 pm
Tues/Thurs 7:30 - 8:15 pm

Water Walking - Low Impact

Total body workout with less impact on joints and more resistance than land walking. One half hour of water walking is equal to 2 hours on land. MWF class: 11-11:30am.

1 class \$5, 2 Classes \$10

Please sign up for the class or classes you wish to attend.

Monday 11:30 am -12:00 pm
Tuesday 11:30 am -12:00 pm
Tuesday 7:00 - 7:30 pm
Wednesday 11:30 am -12:00 pm
Thursday 11:30 am -12:00 pm
Thursday 7:00 - 7:30 pm
Friday 11:30 am - 12:00 pm

Advanced Water Walking -High Impact

This is a high energy class, must already know how to water walk. High energy portion includes water walking, jogging, running and biking all done in the water. 11:30-12 is water walking with less impact.

\$5 members/\$15 non-members per day

Monday 11:00 -11:30 am
Wednesday 11:00 -11:30 am
Friday 11:00 -11:30 am

Ai Chi

Non-swimmers welcome.

Ai Chi is a water exercise and relaxation program created to help participants enjoy the water in a flowing, yet powerful progression. It consists of a sequence of slow, broad movements of the arms and legs, breathing, upper extremities, trunk stability, lower extremity movements, and coordinated total body movements. Ai Chi is used for pain management, back pain, arthritis, fibromyalgia, orthopedic problems, prenatal, stroke rehab and asthma.

\$20 members/\$45 non-members

Tuesday 10:30 - 11:15 am
Thursday 10:30 - 11:15 am