

ADULT AQUATICS

ADULT HEALTHY LIVING

ADULT SWIM LESSONS

Winter Session

January 2-February 16, 2019

Mon-Tue Classes \$61 members / \$122 non members

Wed-Sun Classes \$71 members / \$142 non members

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	2:00 - 2:30 pm

Beginner B

This adult class will focus on floating, beginner strokes, stroke technique, jumping in, combination skills, 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
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Adult Coached Advanced Tune Up

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

Thursday	8:15-9:15 pm
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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: \$76 Members/\$152 non-members

Yearly Session Cost \$345 members only



ADULT AQUATIC FITNESS

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 - 10:45am
Thursday	7:30 - 8:15 pm
Friday	10:05 - 10:45 am

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

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

Water Walking

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.

\$10 members/\$35 non-members

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

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.

\$10 members/\$35 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