

# Aquatic Schedule Class Descriptions

During busier class times lap swimmers may have to wait or share lanes.



## ABC's

A strength and conditioning class targeting abs, balance and core. A cardio segment is included. All fitness levels.

## AquaBata

High intensity interval fitness class using the Tabata format with varied intensity to improve aerobic and anaerobic conditioning to maximize energy expenditure. This class takes place in the shallow water of our lap pool.

## Aqua Fit

High-intensity class for improving cardiovascular fitness and overall tone. Recommended for those in good physical condition.

## Aqua Fusion

A unique blend of Water Yoga, Ai Chi, balance and core stability training. Class is designed to relax, stretch and strengthen your entire body.

## Aquatics 101

Designed to inform about the properties of water and the benefits of exercising in the water. Class covers proper technique when using equipment, ways to vary intensity levels and more. This class is both educational and functional. Participants must sign up 624-3421 to make an appointment.

## Basic Training

High intensity fitness class designed to enhance cardiovascular fitness as well as muscular strength. A non-stop class format that uses a variety of aerobic combinations and equipment.

## Deep Water High Intensity Interval Training (Deep Water HIIT)

High intensity class using interval training and varied intensity to improve aerobic and anaerobic conditioning to maximize energy expenditure. This class uses various floatation devices to suspend participants in deep water.

## Deep Water Interval

Non-impact, high intensity, interval fitness class that alternates between travelling and stationary segments of cardiovascular work and toning. Requires being suspended in deep water with a floatation belt.

## Parents & Pollywogs \$\$\$ Pre-registration required

This 3-week class provides an introduction to basic swimming skills and water safety for children 6 months to 2 years. A parent must attend with the child and be in the water with them at all times. Pre-registration is required and space is limited. For more information call 624-3421. \$75 for Members / \$95 for Guests

## Open Aquatic Therapy

Our Warm Water Therapy Pool is open to members recovering from injuries or suffering from chronic conditions. Our unique exercise environment is available for members to work on their own Aquatic Therapy program in a quiet setting.

## Specialized Aquatic Exercise 1

Endorsed by the American Arthritis Foundation. Low to mild intensity levels that help improve flexibility and function, while decreasing pain and stiffness. Ideal for seniors and persons with limiting physical conditions.

## Specialized Aquatic Exercise 2

Exercise from mild to moderate intensity to help improve flexibility and function. Ideal for seniors and persons with limiting physical conditions.

## Stroke Technique

Designed for the adult swimmer interested in improving their stroke technique.

## STP (Swim Team Prep)

Series is designed for swimmers 6 to 14 years of age that are on a swim team or plan to be. Each participant must be able to swim the length of the pool and all four swim strokes. An evaluation, registration and an additional cost is required for this class.

## Supervised Swim

An opportunity to practice general swim skills and techniques in a supervised environment. Ages 5 to 16. Must be able to swim 25 yards (1 pool length), need approval from aquatics staff and swim skill level.

## Walk & Stretch

Low to no impact exercises to improve overall flexibility, range of motion, balance, strength and condition levels in addition to decreasing general pain and stiffness. Excellent for beginners and seniors with limiting physical or rheumatic conditions.

## Water-Cycling

Non-impact, high intensity fitness class great for improving cardiovascular fitness and overall tone. Requires being suspended in a deep water floatation belt.

## Water Weights

Fantastic resistance training workout utilizing aquatic resistance equipment for strength and conditioning exercises. Recommended for those in good physical condition.

## WW Aqua Fit

Moderate intensity fitness class in the Warm water Therapy Pool great for improving cardiovascular fitness and overall tone.

## 4 Corners

A moderate to high intensity interval fitness class utilizing the shallow and deep areas of the pool. Circuits consist of high intensity exercises followed by lower intensity recovery during several rounds of exercise.

**Pool Rules:** All facility rules are applicable and enforced in the pool areas.

- Horseplay, such as running, splashing, shoving or dunking is not permitted.
- Spitting, spouting water or blowing nose in the water is prohibited.
- Glass containers or metal objects are not allowed in the pool areas
- Showers are to be taken before entering the pool or spas.
- Individuals with sores or rashes are not allowed in the pool area.
- Hair that is shoulder length or longer should be secured with a swim cap or rubber band.
- Aqua-socks or shoes are strongly recommended for all members in and around the pool area.
- Food, drinks, smoking and gum chewing are prohibited in the pool areas. (Water bottles are permitted)
- Diving is not allowed.
- Please refrain from swimming laps in the Warm Water Therapy Pool.
- No sitting or hanging on the lane lines.
- Appropriate bathing attire must be worn.
- No one under eighteen is allowed on the water treadmills.
- Members 12 through 15 years can utilize the pools with direct supervision of an adult member over 18 years old.
- Children under 12 years of age can participate in youth aquatic activities but are not permitted in the pool outside of these scheduled activities.

**Due to the health risk of elevated body heat, it is not permitted for children under 12 years of age to use the spa.**