

Aquatic Exercise Weekly Schedule
Classes run Sept. 5 through December 20

September-December, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool	SWAP Shallow 9:15-10:05am	ROM Shallow 10:45-11:35am	SWAP Shallow 9:15-10:05am	ROM Shallow 10:45-11:35am			
Lap Pool	Total Immersion Deep Water 10:15-11:05am	Total Immersion Deep Water 9:45-10:35am	Total Immersion Deep Water 10:15-11:05am	Total Immersion Deep Water 9:45-10:35am			
Activity Pool							
Lap Pool		Total Immersion Deep Water 6:35-7:25pm		Total Immersion Deep Water 6:35-7:25pm			
Activity Pool							
Lap Pool							

Class Descriptions

SWAP (Shallow Water Aerobics Program)-SWAP out your traditional aerobics class for this total body water workout. A little bit of everything. Build your cardiovascular endurance, increase your muscular strength, and enhance flexibility. This 50 minute class is set to exhilarating music. Noodles and aqua dumbbells are provided. Class limit 12 participants per class.

Total Immersion (Deep Water Workout)-If you are looking for both a cardio and strengthening class that is total non-impact, then this is the class for you! No swimming experience is required. A flotation belt will keep you vertical and buoyant. Class formats include Tabata, Bootcamp, and general water exercise set to fun, motivating music. Aqua dumbbells, noodles and flotation belts are provided. Class is 50 minutes. Class limit 20 participants per class.

ROM (Range of Motion) Shallow Water Exercise-Individuals will use gentle movements to help increase range of motion head to toe while decreasing stiffness and pain. A good class for individuals returning to exercise after injury, or those with joint or muscle related illness. Class limit 12 participants per class.

PRICING

Class Passes Return July	Member	Resident/Non-member	Non-Res/Non-member
5 Class Pass	\$25	\$30	\$35
10 Class Pass	\$48	\$60	\$70
15 Class Pass	\$68	\$83	\$98
20 Class Pass	\$85	\$105	\$125

Drop-In \$7/Member \$9/Non-member