

# AQUATIC EXERCISE WEEKLY SCHEDULE

JANUARY-MAY, 2023

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

## 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**

<b>Class Passes Return July</b>	<b>Member</b>	<b>Resident/Non-member</b>	<b>Non-Res/Non-member</b>
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 pricing**

**Members: \$7**

**Non-members: \$9**