

AQUATIC CLASSES



EXER. POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am	Fluid Fusion ℓ (1 hour)		Fluid Fusion ℓ (1 hour)		Fluid Fusion ℓ (1 hour)		
9:30 am		Fluid Fusion		Fluid Fusion		Aqua Fusion	
9:45 am	Water in Motion ℓ		Fluid Fusion ℓ		Water in Motion ℓ		
10:30 am		Advanced Level Arthritis Aquatics	Physical Therapy 10:30 - 2:00 pm	Advanced Level Arthritis Aquatics	Physical Therapy 10:30 - 2:00 pm		
11:00 am			pool open		pool open		
11:30 am			for member use		for member use		
1:00 pm		Basic Arthritis ℓ Aquatics		Basic Arthritis ℓ Aquatics		Family Swim (1-4)	Family Swim (1-4)
1:30 pm							
2:00 pm		CSJCC			CSJCC		
3:30 pm	Aqua Fusion (1 hour)		Aqua Fusion (1 hour)		Aqua Fusion		
4:45 pm		Aqua Boot Camp		Aqua Boot Camp			
5:30 pm		Learn to Swim 5:30 - 6:45					
5:45 pm	Aqua Pump		Aqua Pump				
6:00 pm					Family Swim (6-8)		
LAP POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am	Aqua Jogger ℓ	Aqua Jogger ℓ	Aqua Jogger ℓ	Aqua Jogger ℓ	Aqua Jogger ℓ		
9:15 am	Adv. Aqua Jogger	Extreme Aqua	Adv. Aqua Jogger	Extreme Aqua	Adv. Aqua Jogger	Aqua Jogger	
4:00 pm							
5:45 pm		Adv. Aqua Jogger		Adv. Aqua Jogger			

ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED.

EXERCISE POOL

ARTHRITIS AQUATICS: Meets the special needs of people living with arthritis by helping to reduce pain and stiffness, and increase joint mobility. A gentle, non-jarring class co-sponsored by the Arthritis Foundation.

FAMILY SWIM: Our family swim time is available to all members and their immediate family under the age of 14. The purpose of this activity is to promote family fitness. The group exercise pool and the west half of the gymnasium are available for use during the designated times. An adult is required to accompany all children in each area.

LEARN TO SWIM (KIDS): Year-round group swim lessons accredited by the American Red Cross for all ages and levels. Sessions are twice a week for three weeks. Class size is limited, please enroll early. \$

AQUA FUSION: One hour of water aerobics featuring aerobic conditioning and resistance training using a variety of equipment and flexibility. For the fit individual.

FLUID FUSION: Choreographed routines target cardiovascular fitness, strength, endurance and flexibility in a stress-free, low-impact environment. Appropriate for older adults.

WATER IN MOTION: Basic aquatic circuit class alternates aerobics and muscle strengthening exercises using a variety of moves in the water. Appropriate for older adults.

AQUA PUMP: A class that combines cardiovascular training and body toning.

AQUA BOOT CAMP: A water workout utilizing intervals of higher intensity exercises with lower intensity recovery segments.

LAP POOL

AQUA JOGGER: Cool water suspended exercises utilizing a buoyancy belt. This non-impact class can also help speed recovery of overstrained muscles and joints. For all levels.

ADVANCED AQUA JOGGER: A truly challenging workout. Suspended exercises are basic non-dance moves which build aerobic capacity, muscle conditioning and flexibility.

EXTREME AQUA: An advanced water workout. Buoyancy/resistance cuffs are used instead of buoyancy belts. Cuffs are buckled around the lower leg/foot to provide buoyancy and at the same time more resistance. This class is for those with strong water skills.

PLEASE NOTE:

All pool classes are coed.

The lap pool will be closed during organized classes.

Child care is available during specified times.

Class schedule effective January 2012, subject to change.

⌘ Appropriate for oncology patients with physician approval.

\$ Program provided for an additional cost.