

Adult Pool Programs

Classes are paid by the session and cannot be pro-rated.

(Please consult your physician before starting any exercise program)

Full Session Fee:

Members: 1 Class per week - \$29; 2 Classes per week - \$55; 3 Classes per week - \$80
Non-Members: 1 Class per week - \$58; 2 Classes per week - 110; 3 Classes per week- \$160

Month by Month Fees:

Members: 1 Class per week - \$20; 2 Classes per week - \$38; 3 Classes per week - \$56
Non-Members: 1 Class per week - \$40; 2 Classes per week - \$72; 3 Classes per week- \$112

Aqua Aerobics

Mondays, Wednesdays & Fridays **9:15 - 10:00 am**

Registration starts: June 5th
Session: June 26th - Aug. 18th (8 weeks)

By adding buoyancy to protect joints and back, Water Aerobic classes allow participants the opportunity to reach their personal fitness goals through low impact workouts. Water jogging and aerobic routines are introduced to improve cardiovascular fitness, muscle strength, and balance. Class pace is determined by the individual student. Light weights, deep water exercise using flotation devices, and a series of muscle toning exercises performed to a variety of up-beat music will add to your enjoyment.

Arthritis Water Exercise

Tuesdays & Thursdays **8:30 - 9:15 am**

Registration starts: June 5th
Session: June 27th - Aug. 17th (8 weeks)

The soothing warmth and buoyancy of warm water make a safe, ideal environment for relieving arthritis pain and stiffness. Enjoy moderate water exercises to increase joint flexibility and range of motion, maintain muscle strength, as well as increase overall stamina. This program is a gentle introduction to our exercise classes and appropriate for all levels of physical fitness.

Deep Water Fitness

Mondays, Wednesdays & Fridays **8:30 - 9:15 am**

Registration starts: June 5th
Session: June 26th - Aug. 18th (8 weeks)

With the aid of flotation belts and resistance barbells, multiple deep water exercise routines contribute to increased cardiovascular and overall physical fitness. Participants do not have to be swimmers, just willing to enter deep water wearing a flotation belt.

Joint Benders

Tuesdays & Thursdays **9:15 - 10:00 am**

Registration starts: June 5th
Session: June 27th - Aug. 17th (8 weeks)

Designed for individuals who have not exercised in years or for those who have a physical challenge prohibiting land exercising without pain, this class includes water walking and jogging, working with light weights and some deep water exercising. Participants are encouraged to exercise according to their own ability and comfort.

**The pool area and hot tub will close during
thunderstorms and remain closed for thirty minutes after the storm. This may disrupt or
cancel classes. Summer scheduling prevents make ups due to inclement weather.**