

Water Aerobics



***AEROBICS BEGIN 4/09/18**
***AEROBICS END 6/15/18**
Check closure dates for cancellations!

Shallow Water Classes

Mon/Wed/Fri.....6:00-7:00am

This class is a combination of water aerobics and water walking. The program is designed to work at your own intensity level while engaging all the major muscle groups.

Tues/Thurs.....11:30-12:15pm

Designed at a more accommodating low-intensity pace for those who are looking for rehabilitation or exercise that meets the needs of their lifestyle. Perfect for seniors!

Tues/Thurs.....7:00-8:00pm

This shallow water class provides an invigorating workout designed to enhance flexibility, range of motion, and muscle balance using water movements that add more resistance than air.

*Check Pool Closure dates and times for class cancellations

Water Aerobics

Continued...

Deep Water HydroFit@ Program

Tues/Thurs.....7:00-8:00pm

This class uses buoyancy resistance equipment that conditions the cardiovascular system while developing muscle strength and endurance.

Drop-In Rates 10-Visit Entry

Youth/Adult....\$4.50\$35.00

Senior.....\$2.75\$20.00

Aqua Play\$2.00

Tues/Thurs.....7:00-8:00pm

Aqua Play is a supervised swim in the toddler pool with a certified lifeguard facilitating fun and games. This is perfect for those with young children who want to enjoy lap swim or water aerobics at this corresponding time!

Preschool Play Time.....\$2.00

Mon-Fri.....11:30-12:15pm

This swim is designed for parents and their toddlers to enjoy the toddler pool without the busyness of the open swim crowd. *****PARENT MUST BE IN THE WATER WITH CHILD-NO EXCEPTIONS!**

Swim Lessons

Monday & Wednesday Evening

5:00, 5:30, 6:00 & 6:30

Pre-reg is for those currently in lessons
Open reg will begin at 3:00pm!!

Session 1: April 9th - May 2nd

Lower Level: \$38.00/Upper: \$60.00

Pre-reg: Mar 26th/Open-reg: Mar 28th

Session 2: May 14th - June 6th

Lower Level: \$33.25/Upper: \$52.50

Pre-reg: April 30th /Open-reg: May 2nd

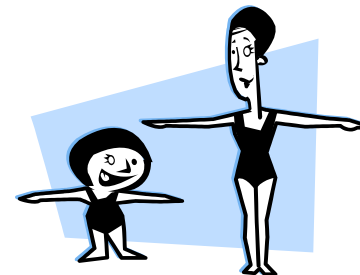
****NO CLASS MAY 28th ****

Open-registration for Spring

Session 1: March 28th

Open-registration for Summer

Session 1: June 8th



Swim Lessons

Tuesday & Thursday Evening

5:00, 5:30, 6:00 & 6:30

Pre-reg is for those currently in lessons
Open reg will begin at 3:00pm!!

Session 1: April 10th - May 3rd

Lower Level: \$38.00/Upper: \$60.00

Pre-reg: Mar 27th/Open-reg: Mar 28th

Session 2: May 15th - June 7th

Lower Level: \$38.00/Upper: \$67.00

Pre-reg: May 1st/ Open-reg May 2nd

Open-registration for Spring

Session 1: March 28th

Open-registration for Summer

Session 1: June 8th

Closure Dates

Saturday/Sunday
 April 14 & 15 ALL DAY

Monday May 28th ALL Day