

Aquatic Fitness

Summer I: June 2-July 12
 Summer II: July 14-Aug. 23

Aquatic Fitness classes are FREE to members. Program Participants can purchase a card for \$75 for any class, land or water. Cards are valid for one session. Unlimited classes for the session.

Stretch Without Strain

Exercise designed for the person with arthritis, stiff joints and little flexibility.

Great class for beginners and seniors.

An Arthritis Foundation sanctioned class.

Aquacise (No music)

Easy exercise program in the water. No swimming ability necessary. Great class for beginners and seniors.

Silver Sneakers Splash! Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

PM Splash Combo

Highly concentrated aerobic endurance program for those wanting to improve muscle tone. Equipment and high-energy music complement workout.

Cardio Run

Intense lower body workout with upper body toning.

Deep Water Workout

A co-ed, recreational water workout that is done suspended by a flotation device in the deep water.

Taste of AquaFit

A different device emphasized every day on strength, toning, interval training, water walking and jogging. All abilities welcome.

Class	Day	Time
Stretch w/o Strain	MWF	8:15-9:00 am
Aquacise	MWF	9:45-10:30 am
AM Splash	MWF	9:00-9:45 am
PM Splash	T-Th	8:30-9:15 pm
Cardio Run	T-Th	9:00-9:45 am
Deep Water	MWF	6:00-7:00 pm
	Sat.	9:00-9:45 am
Taste of Fitness	MWF	10:45-11:45
Silver Splash	MWF	9:00-9:45 am
(*\$2 per class/Program Participant)		

AQUATICS

SWIM TEST/SWIM BANDS

Children 16 years of age and under must take a swim test.

- All swimmers who pass the test will receive a wristband to wear for the summer, each time they come to the pool. This will designate them as a swimmer.

The "Swimmer" will only be required to take the test once.

- Swimmers can retest at any time.
- Swim tests will be available during operational hours by the Pool Desk Supervisor and one designated lifeguard in the shallow end of the pool.

RED Wristband – "Non-Swimmer" must have supervision. Those who do not pass the test may not use the deep end of the pool at all and may use the shallow end of the pool only when an actively involved adult caregiver is within an arm's length of the child or if the child is wearing a properly fitted USCG approved personal Flotation device and accompanied by an adult.

YELLOW Wristband – May only go in the shallow end of the pool. Swimmers must be able to touch the bottom of the pool with their head above water.

GREEN Wristband – May go anywhere in the pool.

Swimmers will receive their bands when they scan in at the Access Gates and will leave their bands in baskets by the gates when they leave.