

## Therapy Pool (93-95 Degrees)

TIME	MON	TUES	WED	THURS	FRI	SAT
6:30-7:15 a.m.		Hydro Motion		Hydro Motion	Hydro Motion	
8:30-9:15 a.m.	Hydro Motion		Hydro Motion		Hydro Motion	
10:30-11 a.m.	Range of Motion					
11-11:30 a.m.	Ai Chi					
1-1:45 p.m.	Hydro Motion		Hydro Motion		Hydro Motion	
2-2:45 p.m.		Aqua Neuro		Aqua Neuro		
6-6:45 p.m.	Hydro Healing		Hydro Healing			

## Lap Pool (83-85 Degrees)

TIME	MON	TUES	WED	THURS	FRI	SAT
8:30-9:15 a.m.	Shallow Water Exercise		Shallow Water Exercise		Shallow Water Exercise	Aqua Cardio
9-9:45 a.m.		Aqua Cardio		Aqua Cardio		
9:30-10:15 a.m.	Hydro Power		Hydro Power		Hydro Power	
10-10:45 a.m.		Aqua Neuro		Aqua Neuro		
10:30-11:15 a.m.	Adult Learn to Swim				Adult Learn to Swim	
11:45 a.m.-12:30 p.m.	Aqua Cardio		Aqua Cardio		Aqua Cardio	
3-3:45 p.m.		Aquatic Volleyball		Aquatic Volleyball	Aquatic Volleyball	
6-6:45 p.m.		H2O Fit		H2O Fit		

## BEGINNER LEVEL CLASSES

### **Range of Motion Therapy Pool, shallow**

Move each joint of the body through exercises focused on strengthening and lengthening. Enjoy improved posture through balance and core exercises.

### **Ai Chi Therapy Pool, shallow**

This class is a combination of deep breathing and slow broad movements, calming the nervous system, while standing in chest deep water. Nineteen postures, from simple hand movements to balancing the whole body, invite awareness, relaxation and tranquility.

### **Adult Learn to Swim Lap Pool, uses shallow and deep water depending on comfort level with water**

From overcoming fear of the water to stroke refinement, Learn to Swim provides the knowledge, support and practice time for feeling confident in the water. Open to all abilities.

### **Hydro Healing Therapy Pool, shallow**

This class includes low-to-moderate aerobic exercises focusing on all muscle groups to build strength, encourage flexibility, and improve balance and gait. Classes sometimes include games and dancing for fun and socialization.

## INTERMEDIATE LEVEL CLASSES

### **Aqua Neuro Therapy/Lap Pool**

These classes focus on maintaining and improving gait, posture, flexibility, strength, endurance, and balance. This is achieved through a combination of traditional exercises, functional activities, and games. Areas of the body are targeted specific to those living with a neurological condition such as MS, Parkinson's, etc. Classes in the lap pool contain a cardiovascular component that may be performed in the deep or shallow end.

### **Shallow Water Exercise Lap Pool, shallow**

Enjoy a total body workout while improving range of motion, muscular strength, cardiovascular endurance, flexibility and balance.

### **Hydro Motion Therapy Pool, shallow**

This class uses low-to moderate intensity aerobic exercises to focus on all muscle groups and joints of the body to improve strength, flexibility, balance, and gait.

### **Aqua Volleyball Lap Pool, shallow**

This is a lively and interactive class for members to play volleyball with an inflatable beach ball. Enjoy the fun while working to maintain strength, endurance, flexibility, posture, gait and balance. All adult members are welcome.

## ADVANCED LEVEL CLASSES

### **Aqua Cardio Lap Pool, shallow and deep**

This class offers moderate-to-high aerobic, endurance and strengthening exercises. This class will challenge your coordination and balance offering a deep water component. Postural alignment will challenge your core muscles to activate and strengthen during this class. Participants must be comfortable in deep water to utilize this portion of the class. A flotation belt is available for deep water.

### **Hydro Power Lap Pool, shallow and deep**

This class challenges the cardiovascular and muscular systems with moderate-to-high aerobic exercises. Postural alignment focuses on utilizing the core. Shallow cool down is included. Participants must be comfortable in deep water to utilize this portion of the class. Flotation belt is available for the deep water.

### **H2O Fit Lap Pool, shallow and deep**

This class offers moderate-to-high aerobic exercises in deep and shallow water. This will challenge core, build endurance, and strengthen the cardiovascular and muscular system.

*Updated June 7, 2021*

## **Aquatics Center Hours of Operation**

Weekdays: 5:30 a.m. until 7:15 p.m.

Saturday: 7 a.m. until 2:45 p.m.

Sunday: Closed

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