

WATER EXERCISE SCHEDULE

DEEP WATER EXERCISE: This is an intense workout without the stress on joints. Good for people with knee, hip, or back problems. Participants wear flotation belts and must be comfortable in deep water to participate.

SILVERSNEAKER SPLASH: Activate your aqua urge for variety! SilverSneakers Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

RUN 2 YOGA - Run 2 Yoga is an interval class consisting of timed high intensity run segments and calming yoga poses which have been modified for the water.

HYDRO FUSION: This a 45 minute class in the shallow water which includes cardio, muscle and HIIT interval work. We will be utilizing different equipment and suspended exercises . This class does not use flotation belts.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am-9:45 am	Run 2 Yoga (Rose)	Deep Water (Rose)	Deep Water (Mary Ann)	Deep Water (Rose)	Deep Water (Rose)	Deep Water (Adel)
10:00 am-10:45 am	SilverSneaker Splash (Rose)	SilverSneaker Splash (Rose)	SilverSneaker Splash (Mary Ann)	SilverSneaker Splash (Rose)	SilverSneaker Splash (Rose)	
6:00 pm-6:45 pm			HydroFusion(Kathy)	Deep Water (Adel)		
7:00 pm-7:45 pm	Deep Water (Adel)		Deep Water (Kathy)			

Premium Annual Card: Allows you to attend any water exercise class you wish. The card expires one year from the date of purchase. Electronic Funds Transfer (EFT) monthly payment options are available.

Non-residents	
\$68.08/month	\$827 in full
Residents	
\$58.33/month	\$710 in full

10-class punch pass: This punch pass can be used for any water exercise class. Punch passes expire one year from the date of purchase.

Non-residents	\$145
Residents	\$125

Walk-in price: This payment option is best for those who cannot commit to multiple classes or would like to try a class for the first time.

Non-residents	\$16
Residents	\$14

SMALL GROUP TRAINING *All Ages Welcome* A one and a half hour age group training for individuals who wish to improve technique, increase speed, and build endurance. Swim Requirements: participants should be familiar with all four competitive strokes and well versed with interval training – participation will be at the discretion of the coach. Space is limited to the first 16 participants. **Coach: Dick Shoulberg**

Monday, Wednesday, & Friday, 1/3-5/22 6:00 AM – 7:30 AM Price: \$10/Walk-in

MASTERS SWIM We are an official U.S. Masters Swim location! Masters swim involves aggressive aerobic swimming, perfect for triathlon training or those looking to get back into swim shape. This program is not a swim lesson and is geared towards competitive adult swimming. **Coach: Bill Berardelli**

Dates: 1/2-5/21 Price: \$10/Walk-in
Tuesday 6:00 AM - 7:00 AM & 6:00 PM-7:00 PM
Thursday 6:00 AM - 7:00 AM

YOUTH SWIM TRAINING *Ages: 10-18 years. This program will sell out fast - sign up for all sessions NOW!* Youth Swim Training provides coached swim workouts for children who wish to improve technique, increase speed, and build endurance. This program is specifically designed for experienced team swimmers who have the dedication and commitment to participate in an advanced practice. For best results our coaches recommend signing up for all sessions.

Swim Requirements: Participants must know all 4 competitive strokes and be well versed with interval training - Swimmers must be able to meet these requirements to participate

Equipment Requirements: Participants must have cap, goggles, snorkel, paddles, fins, band, & pull buoy

Coaches: Dick Shoulberg & Caroline Boland

Mon-Thurs, 3:45 PM-5:45 PM, Sunday, 8:15 AM-10:15 AM

Session 1: January, 1/2-1/30	\$210 RES/\$252 NR	Program #: 107803.01
Session 2: February, 2/2-2/27	\$200 RES/\$240 NR	Program #: 107803.02
Session 3: March, 3/1-3/31	\$230 RES/\$276 NR	Program #: 107803.03
Session 4: April, 4/1-4/30 (no class 4/12)	\$210 RES/\$252 NR	Program #: 207803.01

Walk-ins available based upon availability and Coach approval