



The Center for Health and Well-Being

# Aquatic Schedule Spring 2012



# AQUA SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Swim</b> 5 a.m. to 8:30 a.m.	<b>Adult Swim</b>	<b>Adult Swim</b> 5 a.m. to 8:30 a.m.	<b>Adult Swim</b>	<b>Adult Swim</b> 5 a.m. to 8:30 a.m.		
<b>Aqua Fitness</b> 8:30 a.m. to 9:15 a.m.	<b>Deep Water Challenge</b> 6 a.m. to 6:45 a.m.	<b>Aqua Power</b> 8:30 a.m. to 9:15 a.m.	<b>Deep Water Challenge</b> 6 a.m. to 6:45 a.m.	<b>Hydro Blast</b> 8:30 a.m. to 9:15 a.m.	<b>Adult Swim</b> 7 a.m. to 10 a.m.	
<b>Aqua Power</b> 9:30 a.m. to 10:15 a.m.	<b>Reserved for Therapy</b> 7 a.m. to 11:30 a.m.	<b>Aqua Fitness</b> 9:30 a.m. to 10:15 a.m.	<b>Reserved for Therapy</b> 7 a.m. to 11:30 a.m.	<b>Hydro Blast</b> 9:30 a.m. to 10:15 a.m.	<b>Aqua Fusion</b> 10 a.m. to 10:45 a.m.	
<b>Arthritis Class</b> 10:30 a.m. to 11:15 a.m.	<b>Adult Swim</b> 11:30 a.m. to 1 p.m.	<b>Arthritis Class</b> 10:30 a.m. to 11:15 a.m.	<b>Adult Swim</b> 11:30 a.m. to 1 p.m.	<b>Arthritis Class</b> 10:30 a.m. to 11:15 a.m.	<b>Frogs Class</b> 11 a.m. to 11:45 a.m.	
<b>Therapy</b> 11:15 a.m. to 3 p.m.	<b>Reserved for Therapy</b> 1 p.m. to 5:30 p.m.	<b>Therapy</b> 11:15 a.m. to 3 p.m.	<b>Reserved for Therapy</b> 1 p.m. to 5:30 p.m.	<b>Reserved for Therapy</b> 11:30 a.m. to 4 p.m.	<b>Family Swim</b> 12 p.m. to 6 p.m.	
<b>Adult Swim</b> 3 p.m. to 4 p.m.	<b>Hydro Blast</b> 5:30 p.m. to 6:20 p.m.	<b>Adult Swim</b> 3 p.m. to 4 p.m.	<b>Reserved for Therapy</b> 1 p.m. to 5:30 p.m.			
<b>Deep Water Challenge</b> 4 p.m. to 4:45 p.m.	<b>Aqua Fusion</b> 6:30 p.m. to 7:20 p.m.	<b>Deep Water Challenge</b> 4 p.m. to 4:45 p.m.	<b>Hydro Blast</b> 5:30 p.m. to 6:20 p.m.	<b>Family Swim</b> 4 p.m. to 7 p.m.		
<b>Aqua Fusion</b> 5 p.m. to 5:45 p.m.	<b>Adult Swim</b> 7:30 p.m. to 9 p.m.	<b>Aqua Fusion</b> 5 p.m. to 5:45 p.m.	<b>Hydro Blast</b> 5:30 p.m. to 6:20 p.m.			
<b>Family Swim</b> 6 p.m. to 8 p.m.		<b>Adult Swim</b> 6 p.m. to 9 p.m.	<b>Aqua Fusion</b> 6:30 p.m. to 7:20 p.m.			
<b>Adult Swim</b> 8 p.m. to 9 p.m.			<b>Adult Swim</b> 7:30 p.m. to 9 p.m.			
						<b>REVISED</b> <b>3.1.12</b>



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## **Aqua Fitness**

Join us for a low impact, cardiovascular class designed for all ages and levels. This total body workout will improve balance, endurance, stamina, and core strength. Our instructors work along with you in the water, and all participants work at their own pace. Splash around in this energizing 45 minute class.

## **Aqua Power**

Strength training in the water – YOU BET! Using aquatic weights and the water’s natural resistive properties, we will tone and strengthen all of the major muscles of the body in this 45 minute class. Come feel the power of water!

## **Aqua Fusion**

Dive into a class that has it all; cardio, toning, games and aqua toys! No two classes are alike!

## **Arthritis Foundation Aquatic Program**

This 45-minute aquatic program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from our trained instructors, will help you gain strength and flexibility while decreasing pain and stiffness.

## **Deep Water Challenge**

With the use of buoyancy tools, challenge your core and limbs to move against the resistive properties of the water in this invigorating 45-minute class.

## **Hydro Blast**

This class has everything from deep water exercises to kickboxing, challenge yourself against the WAVES! Something different every class!

## **Aqua Yoga - eight week specialty class**

Eight week session begins January 7. Sign up at the Welcome Center. \$50 for the series.

## **Tadpoles Swim Class for ages 4 and 5**

Eight week session begins January 7. Sign up at the Welcome Center. One parent per child in the pool. \$50 for the series