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| <p><u>Arthritis Foundation</u> \$25/month (3x week), \$20/month (2x week) 9:00 am - 10:00 am; Tuesday, Thursday or 1:00 pm – 2:00 pm; Monday, Wednesday, Friday The purpose of this class is to exercise within your capabilities in a warm water setting. You will increase muscle strength and flexibility and minimize stiffness.</p> | <p><u>Water Strength</u> \$20/month (Therapy Pool) 5:30 pm - 6:30 pm; Tuesday, Thursday. You will strengthen and tone all your muscles in this workout in the water. Equipment will be used for added resistance with a little bit of cardio training added on for your heart.</p> |
| <p><u>Joints In Motion</u> \$25/month (Therapy Pool) 7:30 am - 8:30 am; Monday, Wednesday, Friday or 9:00 am - 10:00 am; Monday, Wednesday, Friday. Exercise to enhance flexibility, balance, posture, range of motion, coordination and increase circulation.</p> | <p><u>Water Aerobics</u> \$25/month (3x week), \$20/month (2x week) (TP) 10:00 am-11:00 am; Monday, Wednesday, Friday or 2:00 pm–3:00 pm; Monday, Wednesday, Friday or 4:30 pm – 5:30 pm; Tuesday, Thursday or 5:30 pm–6:30 pm; Monday, Wednesday. This class will include different variations of movements to improve heart health, coordination, balance and strength.</p> |
| <p><u>Water Fit</u> \$25/month (MWF), \$20/month (T/Th) 10:30 am-11:30 am Monday, Wednesday, Friday (AP) or 9:30 am-10:30 am; Tuesday, Thursday (AP). This low impact class is designed to improve your cardiovascular condition, endurance, and enhance your all around fitness. Equipment may be used at times.</p> | <p><u>SilverSneakers® - SilverSplash</u> (Activity Pool) 10:30 am – 11:30 am; Tuesday, Thursday or 11:30 am – 12:30 pm; Monday, Wednesday, Friday This aquatic exercise class offers shallow water movements that improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special kickboard is used to develop strength, balance and coordination. Non-SilverSneakers member must pay to enroll for this class.</p> |
| <p><u>Adult Swim Lessons</u> (Activity Pool) Beginning lessons for the non-swimmer. Contact Polly Savory, instructor, at 925-3334 for private lesson times and cost.</p> | <p><u>Lap Swim</u> FREE (Activity Pool) 7:30 am – 9:30 am; Monday through Friday 3:00 pm – 6:30 pm; Monday through Friday There are 4 lap lanes available for lap swimming. <i>Lane sharing is necessary and expected.</i></p> |
| <p>»Please pay for class at time of registering. »Once enrolled: Please let front desk know ASAP if not continuing the next month. Account will be charged last week of the month and due by the first of the month. Failure to pay will forfeit class enrollment.</p> | <p><u>Open Swim</u> FREE (Activity Pool & Therapy Pool) The pools are open for the general use for all members any time there is no scheduled activity. »Please shower before entering the pool. »Pool shoes are required on the deck areas and in the locker rooms.</p> |