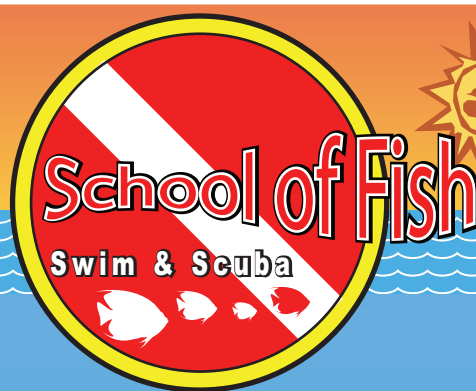


Water Fitness Classes & Activities



Summer
2010

Schedule is subject to change
Check web site for changes



Period / Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
8:30 - 9:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
9:00 - 9:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Pump it Up!
9:30 - 10:30 AM	Deep Water Fitness Upper & Lower Body Sculpt & Tone		Deep Water Fitness Upper & Lower Body Sculpt & Tone		Deep Water Fitness Upper & Lower Body Sculpt & Tone
10:30 - 11:30 AM		Deep Water Fitness Upper & Lower Body Sculpt & Tone		Deep Water Fitness Upper & Lower Body Sculpt & Tone	
11:00AM - 12:00PM	Active Senior & Arthritis Hydrofit		Active Senior & Arthritis Hydrofit		
Pool closed noon through 2PM					
5:00 - 6:00 PM					
6:00 - 7:00 PM	Deep Water Fitness Upper & Lower Body Sculpt & Tone	Deep Water Fitness Upper & Lower Body Sculpt & Tone		Deep Water Fitness Upper & Lower Body Sculpt & Tone	
7:00 - 7:30 PM	Pump it Up!				
8:00 - 10:00 PM	S	C	U	B	A

For fitness participants, a water bottle is recommended. Optional: aquatic gloves, wrist and ankle weights.

- **Deep Water Aquafit** classes are designed to burn calories, build muscles, and sculpt and tone your body. This class includes interval training.
- **The Active Senior / Arthritis Foundation Hydrofit Class** is designed to accommodate the abilities of individuals with arthritis and other related conditions. The exercises improve muscular strength, endurance and flexibility, and help relieve symptoms of arthritis. Class structure: 20 minutes stretching, 20 minutes using hand weights, 20 minutes aerobic activity.
- **Pump it Up!** - This 1/2 hour class will use elastic resistance bands & hand weights to increase muscle strength as well as isometric & core exercises. Pricing is the same as lap swimming.
- **Lap Swimming** - Lanes are available 8:00 - 9:30 AM Monday through Friday. No lap swimming on weekends. Afternoon lap times vary from day to day. Call for availability.
- **Adult Stroke Clinic** - Call in advance to enroll - 30 minutes for \$50.00

Individual Pricing:

- Lap Swimming 30 minutes = \$8.00
- 1 Hour Fitness Classes = \$15.00

Package Pricing:

- Ten 30 minute lap or fitness sessions purchased in advance = \$70.00
 - Five Fitness Classes \$70.00 (\$65.00 for seniors)
 - Ten Fitness Classes \$125.00 (\$120.00 for seniors)
 - Twenty Fitness Classes \$205.00 (\$200.00 for seniors)

- **No refunds for unused punch cards**
- **Punch card may only be used by the person whose name appears on the card**
- **1/2 hour Lap Cards cannot be used for fitness classes**