

Water Exercise Class Schedule

Updated: September 2020

Deep Water Jog

M/W/F 8:30AM-9:30AM

This is one of the quickest growing forms of moderate exercise. It is conducted in the deep end, but you DO NOT need to be a proficient swimmer to participate. This is a no impact moderate intensity class for everyone. It is the most recommended for expecting mothers and those with back and/or joint problems.

AND

M/W 6:00PM-7:00PM

This class will work the entire body. The classes will vary from day to day. All the classes will be in the deep end of the pool and will use various equipment. It is a "come and go as you please class." This class gives parents whose child is in swimming lessons a chance to join the fun.

Shallow Water Exercise

M/W/F 10:00AM-11:00AM

This class is of moderate intensity including stretching, water weigh work and toning. This class is especially recommended for expecting mothers, mild arthritis or anyone wanting to lose weight, get fit and stay fit.

Silver Wings

M/W/F 12:00PM-1:00PM

As one of our regular Senior Center programs, this class focuses on our Senior Population with light water weight work, lots of stretching and even more fun!!

Aqua Challenge

Tuesday/Thursday 6:00PM-7:00PM

Challenge yourself to this unique style of water exercise. Some of your challenges will include noodle workouts, water weights, aerobic exercise, stretching and toning. If you prefer the deep to shallow water, the agenda will be flexible so that you may enjoy the best of both. The first half of the class will be in the shallow end and the second half will be in the deep end.