

# SUMMER AQUATIC CLASS SCHEDULE

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**F**  
**KROC**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aquasize!</b> Rec Pool Emily 8:00 am	<b>Aquasize!</b> Rec Pool Emily 8:00 am	<b>Aquasize!</b> Rec Pool Caroline 8:00 am	<b>Aquasize!</b> Rec Pool Emily 8:00 am	<b>Aquasize!</b> Rec Pool Emily 8:00 am	<b>Adult Water Aerobics</b> Rec Pool Theresa 8:00 am	
<b>Deep Water Workout</b> Comp Pool Suzi 9:00 am	<b>Deep Water Workout</b> Comp Pool Suzi 9:00 am	<b>Deep Water Workout</b> Comp Pool Suzi 9:00 am	<b>Deep Water Workout</b> Comp Pool Suzi 9:00 am	<b>Deep Water Workout</b> Comp Pool Suzi 9:00 am	<b>Deep Water Workout</b> Comp Pool Theresa 9:00 am	
<b>Arthritis Foundation</b> Therapy Pool Carol 10:00 am	<b>Arthritis Water Exercise</b> Therapy Pool Rebecca 10:00 am		<b>Arthritis Water Exercise</b> Therapy Pool Rebecca 10:00 am	<b>Ai Chi</b> Therapy Pool Carol 10:00 am		
<b>Deep Water Workout</b> Comp Pool Suzi 10:00 am	<b>Deep Water Workout</b> Comp Pool Suzi 10:00 am	<b>Deep Water Workout</b> Comp Pool Suzi 10:00 am	<b>Deep Water Workout</b> Comp Pool Suzi 10:00 am	<b>Deep Water Workout</b> Comp Pool Suzi 10:00 am		
<b>Ai Chi</b> Therapy Pool Carol 11:00 am	<b>Arthritis Water Exercise</b> Therapy Pool Rebecca 11:00 am		<b>Arthritis Water Exercise</b> Therapy Pool Rebecca 11:00 am			
	<b>Arthritis Foundation</b> Therapy Pool Carol 12:00 pm		<b>Arthritis Foundation</b> Therapy Pool Carol 12:00 pm			
	<b>Senior Water Aerobics</b> Therapy Pool Suzi 1:00 pm		<b>Senior Water Aerobics</b> Therapy Pool Suzi 1:00 pm			
	<b>Senior Water Aerobics</b> Therapy Pool Suzi 2:00 pm		<b>Senior Water Aerobics</b> Therapy Pool Suzi 2:00 pm			
<b>Adult Water Aerobics</b> Rec Pool Theresa 5:30 pm	<b>Arthritis Foundation</b> Therapy Pool Theresa 5:00 pm	<b>Adult Water Aerobics</b> Rec Pool Theresa 5:30 pm	<b>Arthritis Foundation</b> Therapy Pool Theresa 5:00 pm	<b>Adult Water Aerobics</b> Rec Pool Theresa 5:00 pm		
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**NO CLASSES**

# CLASS DESCRIPTIONS:

**Adult Water Aerobics-** Stretch, tone, and improve cardiovascular fitness through water aerobics in this moderately paced class.

**AI Chi (Flowing Aquatic Energy)-** Ai Chi marries the eastern art of Tai Chi with aquatic therapy. It promotes improvements in balance, flexibility, deep breathing, muscle strength and coordination. The harmonious flow of water, mind, body and spirit!

**Aquasize-** Aquasize is a resistance exercise program used to build strength and endurance utilizing specialized water fitness equipment. Appropriate for all fitness levels.

**Arthritis Foundation Aquatic Program-** The Arthritis Foundation is collaborating with our aquatics team to conduct the Arthritis Foundation Aquatic Program. These classes include a series of pool activities that are led by certified Arthritis Foundation instructors. Participants are guided through a series of movements, designed by exercise specialists, geared to reduce the pain and stiffness associated with arthritis. With the aid of water's buoyancy and resistance, participants improve flexibility, strength and range of motion. Swimming skills are not required.

**Arthritis Water Exercise-** Participants are guided through a series of movements, designed by exercise specialists, geared to reduce the pain and stiffness associated with arthritis. With the aid of water's buoyancy and resistance, participants improve flexibility, strength and range of motion. Swimming skills are not required.

**Deep Water Workout-** A moderately paced, no-impact workout that includes warm-up and strength work. Utilizing specialized water fitness equipment, this class is conducted in deep water. Participants must feel comfortable in deep water.

**Senior Water Aerobics -** Stretch, tone, and improve cardiovascular fitness in this slower-paced class designed with the mature active adult in mind.

**Ask us about our other fun Aquatics programs such as:**

**MASTERS SWIMMING &**

**PRIVATE SWIM LESSONS**

**Call (619) 269-1460**