



Spring Aquatics Schedule

SPRING AQUATICS

Deep (Deep end of pool)

Challenge yourself by going off the deep end, literally! Get moving through a variety of strength and cardio workouts including: intervals, strength exercises, circuits and endurance work in the deep end of the pool -- followed by a stretch and cool down in the shallow end.

*Buoyancy belts available

Tabata (Shallow end of pool)

This class is a High Intensity Interval Training-based class utilizing the 20 seconds on – 10 seconds off for 8 consecutive intervals method. Not for the faint of heart, but definitely for the love of exercise and fun! Learn how to adjust your intensity level during class to fit your needs.

Pilates Blend (Shallow end of pool)

A total body routine that will build your flexibility, strength, and endurance.

Aqua HIIT (Deep end of pool)

High Intensity Interval Training is an enhanced form of interval training. HIIT's exercise strategy uses alternating periods of short intense anaerobic exercise with less-intense recovery periods. *Buoyancy belts available



SPRING AQUATICS

Spring Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Deep 8:00-9:00 am Theresa	Deep 8:00-9:00 am Theresa		Deep 8:00-9:00 am Joy	Deep 8:00-9:00 am Theresa
	Tabata 10:00-11:00 am Theresa		Pilates Blend 10:00-11:00 am Stephanie	
Deep 5:45-6:30 pm Stephanie				Saturday
				HIIT 8:15-9:00 am Theresa

Spring Aquatics Programs

Group Adult Swimming Lessons

This group setting is for beginners and swimmers seeking to improve their stroke

Designed for Adults 18 years and older

Group activity: 3 or more in a group session, includes initial evaluation and action plan for the participants.

Group Times: Scheduled at time of registration, based on the convenience of participants and instructor availability.

Private Swim Lessons

Private lessons are scheduled at the time of registration. They are based on the participant's convenience and instructor availability.

Semi-Private Swim Lessons (2 in the group)

All lessons are thirty minutes long.