

# Pool Classes and Activities

Aqua Tone	Therapy Pool	Exercises focus on toning, flexibility and balance with low to moderate intensity. The movement in the warm water help with aches of arthritis and other joint limitations.
Open Swim	Therapy Pool	This time is set aside for anyone to enjoy pool time to play or exercise. Children under 12 must be accompanied by an adult.
Powercise	Shallow end of Lap Pool	Participants will enjoy an intense, total body workout. Workouts will burn calories, tone muscles, strengthen bones, and improve flexibility.
Aqua Zumba	Shallow end of Lap Pool	This challenging and exhilarating workout combines cardio and toning exercises that keep you moving with Latin-inspired music.
Deep Water Workout	Deep end of Lap Pool	Benefit from zero impact! The class is done in the deep end - using floatation devices. Individuals with joint pain will be able to improve their cardio, toning, and flexibility - without putting stress on the body.
Water Volleyball	Shallow end of Lap Pool	Enjoy a pick-up style of volleyball using a beach ball. Just show up and have fun with good-natured competition.
Lap Swim	Lap Pool	There is always at least one lap lane available regardless of pool activity. Times designated as Lap Swim indicate 3 lanes are available. Lap sharing may be necessary. A portion of the lap pool is for set aside for other swim activities.
Wacky Water Works	Therapy Pool	Available during open swim times only. Parents can bring their kids (ages 5-12) for supervised playtime for \$2.00 per child. Parents must remain in the building.
Swim Lessons Level 1	Therapy Pool	Students are introduced to water skills and learning to feel comfortable and confident in the pool. Enrollment required.
Swim Lessons Level 2	Therapy Pool	Students learn basic swimming skills and fundamentals. Enrollment required.
Preschool Lessons	Therapy Pool	Students 3-5 years old that have never had lessons or much experience with pools will get acquainted with basics while having fun. Parents do not need to get in the pool.
Swim Lessons Private	Therapy or Lap Pool	See front desk for contact information of swim instructors.