



Master's Lite - Master's Lite is a lighter version of Masters. We focus on technique with a balance of speed and endurance. We swim between 2000 - 2500 yards during the hour. This is a goal - not everyone will complete the entire workout. Having basic swimming skills is a prerequisite and we recommend that newcomers be able to swim at least 200 yards (4 laps / 8 lengths) without stopping.

Water Fitness Classes

Aqua fitness is for everyone. Come experience a low to non-impact workout in the pool that focuses on strength, cardio, endurance, and range of motion. Let our certified instructors engage, energize and inspire you with a variety of less joint-jarring workouts.

Specialized Classes

Silver Splash - Activate your aqua exercise urge for variety! Silver Splash offers lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and various types of equipment are used to develop strength, balance and coordination.

Low Intensity

Core Strength & Stretch - The basic principles of Pilates are combined with the relaxing benefits of water. The emphasis of these sessions are **strength, flexibility, and posture**. The water's resistance allows each move to be purposefully performed with a full range of motion. Core Strength & Stretch is complimentary to any mid to high intensity class.

Medium Intensity

Cardio Challenge - Cardio and strength training in shallow and deep water for a full body workout. Class is taught at medium to high intensity with modifications offered for low intensity. Equipment is used for strength training with focus on the core and major muscle groups.

Aqua Fit - The Aqua Fit class is a well-rounded form of exercise for all ages and levels of exercise. The water provides an environment that protects exercisers from the impact of traditional aerobics, making it easier on the joints. The resistance of the water allows you to improve muscle tone while you work the cardiovascular system. Water allows exercisers to multi task, targeting several regions in the body simultaneously. Flexibility and balance / core strength are also addressed in this class.



High Intensity

Intervals - Alternating cardio and strength training for a full body workout. Class is taught at medium to high-intensity with modifications offered for lower intensity. Equipment is used for strength training with focus on the core and major muscle groups. Exercises are adapted for those who want to stay in deep water.

Deep H2O - Plunge into the deep end of the pool for an aggressive approach to water fitness with this no-impact workout. This class offers an overall toning and cardio workout.

Deep H2O Power - This class takes the traditional Deep H2O class and pumps it up! This class is for those looking for a more aggressive cardio workout combined with periods of toning.

Adult Private Swim Lessons

South Location

Do you want to improve your stroke technique, start training for an event, or do you just want to make sure your child is safe in the water? Let our trained, experienced, and certified instructors inspire you in the pool. One-on-one instruction is available for all ages young and old. Contact the Aquatics Department at 672-4255 to get started or with any questions.

Private 1 on 1 Instruction

Cost

30 - minute session

premier member	non-member
1 session / \$30	1 session / \$35
6 sessions / \$162	6 sessions / \$195
12 sessions / \$300	12 sessions / \$375

45 -minute sessions

premier member	non-member
1 session / \$45	1 session / \$50
6 sessions / \$258	6 sessions / \$275

60-minute sessions

premier member	non-member
1 session / \$60	1 session / \$65
6 sessions / \$330	6 sessions / \$370

Stroke improvement with Video Analysis This is the best way to increase skills with a focus on technique. Single Sessions.

premier member	non-member
45 - minute / \$60	45 minute / \$65
60 - minute / \$80	60 minute / \$85