


**Harry L. Coomes Recreation Center**

**WATER FITNESS \*All Classes 50 minutes**

**February/March/April 2020**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 8:30 – 9:20a High Tide 9-9:50a Deep Impressions 9:30-10:20 a SilverSplash	25 6:15- 7:05a Otter ‘Xtreme 9-9:50a Deeply Drenched 10-10:50a Dancing Noodles 5:45-6:35p Making Waves 5:45-6:35p Hydrofit	26 9-9:50a Hydrofit 9-9:50 a Kindred Spirits H2O	27 6:15- 7:05a Otter ‘Xtreme 9-9:50a Deeply Drenched 10-10:50a Dancing Noodles 5:45-6:35p Making Waves 5:45-6:35p Hydrofit	28 8:30 – 9:20a High Tide 9-9:50a Deep Impressions 9:30-10:20 a SilverSplash	29
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***MUST OBTAIN FITNESS PASSES FROM FRONT DESK IN ORDER TO PARTICIPATE IN CLASSES***

***12.00 MEMBERS / \$24.00 NONMEMBERS for 6 pass card / \*SS (those who are eligible for Silver Sneakers qualify to participate in these classes – cards must specifically reflect this membership***

***\*\*\*Classes WILL begin at times listed; participants should arrive for classes 5 – 10 minutes early in order to be prepared to begin on time***

**\*\*\*For safety purposes please do not enter classes once they have started**

Fitness Instructors and Group Descriptions listed on back

\*\* Deep Water Exercise (class participation limit 20 max)

\*\*Low Intensity Water Exercise (class participation limit 22 max)

\*\*Shallow Water Exercise (class participation limit 20 max)

### **High Tide (Margaret Deans) Making Waves (Dreama Lampkin) Kindred Spirits H2O (Donna Howe)**

*(Moderate Intensity – shallow water class)*

A low to moderate intensity shallow water class designed to increase your heart rate while stimulating and increasing muscle tone and encouraging a healthy lifestyle. This class is appropriate for those just beginning to the intermediate and advanced participants. Grab your towel and be ready to work and have fun!

**[No knowledge of swimming strokes is required, however participants must be water safe (the ability to support oneself until assisted, or otherwise reach safety.)]**

### **Silver Splash (Margaret Deans)**

*(low intensity - shallow water exercise)*

This is a low intensive, low stress water exercise program designed to help those with arthritis or other physical ailments.

This is not a medical treatment program. It is designed around the needs of those with physical problems and lack of flexibility and strength.

**[No knowledge of swimming strokes is required, however participants must be water safe (the ability to support oneself until assisted, or otherwise reach safety.)]**

### **Deeply Drenched, Dancing Noodles (Trish Warren) Otter ‘Xtreme (Parke Deans) Hydrofit (Pam Rippe) Deep Impressions (Tamara Olinger)**

*(high intensity - deep water exercise)*

This program is designed to help maintain personal fitness, tone muscles and build cardiovascular endurance. This program is conducted in the deep end of the pool and is an excellent class for those who want a harder workout with less stress and strain on the bones and joints. The class uses flotation belts for support while in the pool. **[No knowledge of swimming strokes is required, however participants must be water safe (the ability to support oneself until assisted, or otherwise reach safety.)]**