

AQUA FITNESS SCHEDULE

Summer Session: July 5 - September 5, 2010

Note: There will be no classes on Thursday, July 1 (Canada Day), Monday, August 2 (Civic Holiday) and Monday, September 6 (Labour Day)

CARDIO WORKOUTS: A heart pumping workout guaranteed to raise your heart rate and burn calories

LOW IMPACT: Cardio classes including water walking programs, range of motion, balance, strength and flexibility

Monday	Tuesday	Wednesday	Thursday	Friday
11am-12 noon *AquaFitness with Jill #11080	11:15 am - 12 noon AquaTherapy with Mary Ann #11084	11:00 am -12 noon *AquaFitness with Steve #11081	11:15 am-12 noon AquaTherapy with Mary Ann #11085	11:15 am-12 noon AquaTherapy-The Next Step with Mary Ann #11086
	6-7pm Masters Swim with Laura #11088			
	7-8pm *AquaFitness with Judy #11082		7-8pm *AquaFitness with Judy #11083	

12 MONTH MEMBER: Fitness classes listed in this chart are free to our 12 month members. Please register at the reception desk.

3 OR 6 MONTH MEMBER: Purchase a Program Card to attend Specialty Classes (see fee schedule). Core Classes (*) are included in 3 or 6 month membership.

NON-MEMBERS: Purchase a Program Card for each program above for \$42+hst to attend 10 Aquafitness classes or pay the single visit fee to attend one class.

Program Cards expire within 1 year of purchase date.

Program Card (10 classes)

Specialty Classes:

AquaTherapy,
AquaTherapy - The Next Step,
Masters Swim

\$42+HST

AQUAFITNESS A great form of exercise done in the pool. Enjoy the cardiovascular, flexibility and endurance benefits from the unique properties of a water workout. Belts provided to assist with floatation.

AQUATHERAPY A program designed for arthritis, fibromyalgia, and other special therapy needs. A program designed with gentle movement in mind. Stretching, range of motion and low impact exercises are our focus. Classes will be held in the leisure pool, no swimming skills are required.

AQUATHERAPY - THE NEXT STEP A flexible, medium-intensity shallow water workout for those with arthritis or fibromyalgia who have participated in our original AquaTherapy program and are ready to move on. Increase your range of motion and maintain or improve your strength, endurance, balance, coordination and flexibility. This is also ideal for anyone involved in a post-rehabilitative program.

MASTERS SWIM PROGRAM Masters is a great fitness workout. Whether you are working for fitness or training for a triathlon, this program is flexible enough to meet anyone's swimming goals. Instructor Laura Nageleisen is a Level 1 swim coach who brings enthusiasm and energy to all her classes.

ADULT AQUATIC PROGRAMS

SCUBA Scuba opens up a whole new dimension to both winter vacations in the south, and to the history of our own back yard. The Great Lakes offer some of the best dive sites in Canada. With over 15 marked dive sites in the Pelee Passage, Leamington is fast becoming a diver's paradise. Learn how to safely enjoy the wonders of the underwater with Art Vermette, Dive Master and Instructor with over 16 years experience. Age 12 yr and up

Tuesday & Thursday Jul 6-Aug 5 6:30 pm - 10:00 pm Classes: 10 #11087 **Fee \$168.00 + HST**