

ADULT AQUAFITNESS CLASSES

Fall: Mon., Sept. 19th to Sun., Nov. 20th, 2011 • No programs on Mon., Oct. 10th (Thanksgiving)

Winter 1: Mon., Nov. 21st to Sun., Feb. 6th, 2012 • No programs from Sat., Dec. 23rd up to and including Sun., Jan. 1st, 2012

Check out page 12 for Holiday Aqua Fitness Schedule

Pool Renovations: the Pool will be closed from Sept. 6 - 18, 2011 for capital maintenance items. We have no alternative but to shut down the pool to complete these renovations in order to serve you better.

Cardio Workouts: A heart pumping workout guaranteed to raise your heart rate and help you to burn calories.

Low impact: Cardio classes that include water walking, range of motion, balance, strength and flexibility.

Monday	Tuesday	Wednesday	Thursday	Friday
9 - 10 am *AquaFitness with Jill Fall: 12991 Winter 1: 13001	9:15 - 10 am Mom and Tot AquaFitness with Helen Fall: 13015 Winter 1: 13016	9 - 10 am *AquaFitness with Judy Fall: 12995 Winter 1: 12998		8:45 - 9:30 am *Aqua Mornin' with Mary Ann Fall: 12997 Winter 1: 13004
11 - 12 pm AquaTherapy The Next Step with Mary Ann Fall: 13011 Winter 1: 13013	10:15 - 11 am AquaTherapy with Mary Ann Fall: 13006 Winter 1: 13009	11 - 12 pm AquaTherapy The Next Step with Mary Ann Fall: 13012 Winter 1: 13014	10:15 - 11 am AquaTherapy with Mary Ann Fall: 13007 Winter 1: 13010	11:30 - 12:15 pm AquaTherapy with Mary Ann Fall: 13005 Winter 1: 13008
1 - 2 pm *AquaFitness with Judy Fall: 12993 Winter 1: 12999		1 - 2 pm *AquaFitness with Judy Fall: 12994 Winter 1: 13000		
	6 - 7 pm Masters Swim with Laura Fall: 12985 Winter 1: 12989		5:15 - 6 pm *After Work Aqua with TBA Fall: 12996 Winter 1: 13003	
	7 - 8 pm *AquaFitness with Judy Fall: 12992 Winter 1: 13002		7 - 8 pm Masters Swim with Laura Fall: 12986 Winter 1: 12990	

12 MONTH MEMBER: Aquatic classes are free to 12 month members. Please register at the reception desk.

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

NON-MEMBERS: Purchase a Program Card for each program or pay single visit fee to attend one class.

Program Cards expire at the end of each session.

FEE SCHEDULE

Specialty Classes:	Program Card: 10 Classes per session
AquaTherapy AquaTherapy - The Next Step Masters Swim	\$42 + HST