

Pool and Aquatic Class Descriptions

All classes are included with the Basic Membership.

Lap Swim - Lap swimmers are expected to follow these open lap swimming rules:

1. Come to the pool expecting to circle swim/share a lane.
2. Respect enforced 20-minute time limit when others are waiting for a lane.
3. Be courteous of lane restrictions when combined with open swim.

Open Swim - During open swim, members can enjoy the pool, exercise, and socialize! Please be mindful of others in the pool during this time.

Water Walking - This is a self-guided program. Walking in the water offers several benefits over taking your typical stroll on land. Different water walking routines help keep it interesting while allowing you to work different muscles. Walking patterns are available. Please see the lifeguard for options.

Aquacise & Balance (Intensity Level 1) - This is a low impact/intensity water workout for people with arthritis and arthritis-related health issues. In this class, you will concentrate on joints and exercises designed to increase your range of motion. This class also includes a variety of exercises to strengthen core muscles and improve balance.

Aqua Yoga (Intensity Level 1) - Relax to Yoga in the water! This program is a low-impact aquatic exercise, performing yoga poses in the water. These poses and stretches help you develop strength, static balance holding, and increase range of motion with little impact on your joints, tendons and ligaments - making this program ideal for those with knee, hips, or ankle complications. No yoga experience necessary!

Power Aquatics (Intensity Level 2) - This class uses a variety of equipment (pool noodles, barbells, etc.). The focus is on cardio, balance, coordination, range of motion, and muscle strengthening exercises.

Water Volleyball (Intensity Level 2) - Enjoy some friendly competition and get a great workout at the same time! A softer ball is used and all athletic abilities are welcome.

Resist the Tide (Intensity Level 3) - This higher-intensity interval workout will incorporate some of your favorite exercises and the resistance equipment found in the Power Aquatics class. This, however, will be a quicker, more vigorous workout that will both work and tone your body.



Aquatic Class Intensity Levels

Intensity Level - 1 (Daily Activity) - Includes activities that are low in intensity and easy to perform. Some examples are making the bed, gardening, vacuuming or dusting, walking slowly, golfing with a power cart, or doing light stretching. (i.e Aqua Yoga)

Intensity Level - 2 (Base) - Activities are moderate, slightly uncomfortable, and cause you to sweat a little. Some examples are biking, walking briskly, golfing while pulling or carrying clubs, recreational swimming, weight lifting, mowing the lawn with a power mower, or scrubbing floors or windows. (i.e Water Volleyball)

Intensity Level - 3 (Heart Health) - Activities are vigorous. A person can still talk, but it takes quite a bit of effort. Most of the activities at this level are intentionally planned. Some examples are brisk walking, jogging, swimming laps, or circuit training. (i.e Resist the Tide)