

## Exercise Classes

**AQX CLASS:** Designed to help individuals recover from injuries, increase strength, power, dynamic loading, flexibility, coordination and endurance. Rental of AQX suit @\$10/month required.

**Tues & Thurs 5:30 am.**

**AQUA AEROBICS-EARLY BIRD:** Shallow water, fast-paced, morning exercise class working to improve strength and cardiovascular fitness without stressing joints. Aqua belts and hand buoys are provided.

**Mon, Wed & Fri 6:45-7:45 am**

**AQUA AEROBICS-DEEP WATER:** This aerobic exercise class starts in the shallow end, transitions to the deep end and ends in the shallow end. Aqua belts and hand buoys are provided.

**Mon Wed Fri 6:00-7:00 pm**

**AQUA JOGGING-DEEP WATER:** Held in the deep end of the pool, low impact – fast paced aqua jogging routine. Aqua belts provided.

**Mon-Fri 8:00-9:00 am**

**CORE AEROBICS:** Fast-paced water aerobics to music. Held in the main pool. Hand buoys provided. Water shoes recommended. **Mon Wed Fri 11:00-11:45 am**

**MINNOWS & MOMS:** No instructor. Warm Pool is open for Moms/Dads/Grandparents to swim with their babies/toddlers. Baby Floats provided. \$2.25 per person

**Mon Wed Fri 11:00 - 12:00 pm**

**WARM WATER EXERCISE:** Held in the 92 degree warm water pool. Designed for patrons that could benefit from exercising in warm water. These exercises help with circulation, range of motion and toning. One hour class

**Mon thru Friday 8:00 am, 9:00 am, 12:00 pm & 5:00 pm**

General Admission	In District	Out of District
Adult (18-59)	\$3.50	\$4.00
Senior (60+)	\$3.00	\$3.50
Youth (0-17)	\$3.00	\$3.50
Family (4 people) \$2.00 additional	\$12.00	\$15.00
Minnows & Moms (0-adult)	\$2.25	\$2.25
Scouts (please call in advance)	\$2.50	
Admission to Classes		
Adult (18-59)	\$4.00	\$4.50
Senior (60+)	\$3.50	\$4.00
10 Visit Splash Card (lap & rec swim)		
Adult (18-59)	\$33	\$38
Senior (60+)	\$27	\$33
Youth (0-17)	\$27	\$33
10 Visit Instructional Splash Card (Instructor led class)		
Adult (18-59)	\$35	\$40
Senior (60+)	\$30	\$35
Memberships		
Adult (18-59) <b>3 month</b>	\$120	\$140
Senior (60+) <b>3 month</b>	\$85	\$100
Senior Couple <b>3 month</b>	\$105	\$120
Youth (0-17) <b>3 month</b>	\$87	\$102
Family <b>3 month</b> (2 adults+up to 4 kids) Add adult=\$25 add kid=\$5	\$155	\$177
Adult (18-59) <b>Year pass</b>	\$240	\$280
Senior (60+) <b>Year pass</b>	\$170	\$200
Senior Couple <b>Year pass</b>	\$210	\$240
Youth (0-17) <b>Year pass</b>	\$175	\$205
Family <b>Year Pass</b> (2 adults+up to 4 kids) Add adult=\$100 add kid=\$10	\$310	\$355
Swimming Lessons		
Group Lessons (8 classes)	\$40	\$45
Private Lessons (one 30 min. class)	\$12	
*each additional child	\$4	
Rentals		
Pool (1 hour up to 50 people)	\$100	\$110
Party Room (1 hour)	\$40	

