

Swim

catch the wave!

Effective: **January 9, 2012**

Revised Dec 14, 2011

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Deep Water	Aqua Bootcamp	Deep Water	Cardio Blast	Deep Water
9:30 am	Aquasize	Aqualite II	Aqua Tone	Aqualite II	
10:20 am	Aqualite I		Aqualite I		

7:15 pm	Deep Water	Aquasize	Deep Water	Aqua Bootcamp	
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Three people required for classes to run.

Class Descriptions:

AQUASIZE: Here is a great workout which includes cardio for your heart and lungs, and strength training for your muscles. Some use of weights and elastics are offered in this class. Water shoes are recommended.

AQUALITE I: Do you struggle with fibromyalgia, arthritis, heart problems or breast cancer? Are recovering from surgery, hip or knee replacements? Work at your own pace and slowly start to strengthen your body once more.

AQUALITE II: In this class you are ready to move up from Aqualite I. In Aqualite II, you can still work at your own level of fitness. This class is lots of fun and good exercise.

DEEP WATER: A work out designed to work all major muscle groups using buoyancy belts. Swimming skills not required, but you must feel comfortable in deep water.

AQUA BOOT CAMP: This high energy, fast paced class will make you feel like you are in a real boot camp. Don't cry, just move it, move it, move it!

AQUA TONE: Water workout that adds both cardio and toning for your body.

CARDIO BLAST: Get your heart rate up and leave it there for the majority of the class. Work hard, breathe hard, and burn tons of calories. You will be working at the high range of your heart rate!

Aquasize Class Prices (includes 5% GST)			
Drop-in Aqualite	\$6.65	10 Class Punch card *	\$67.15
Drop-in Aquasize	\$9.10	20 Class Punch card *	\$115.45
10 Class Punch card Aqualite	\$45.20	3 Month Unlimited Aquasize	\$113.00
1 Month Unlimited Aqualite	\$35.30	6 Month Unlimited Aquasize	\$192.50

NEW BABY FIT: This program is combined for mom and baby to enjoy physical activities through fun and games. Classes will run for 8 sessions, Monday & Wednesday 10am – 10:30am



\$40

Times	Monday	Wednesday
10 am	Baby Fit	Baby Fit

Session 2 – Feb 6 – Mar 7, 12
Session 3 – Mar 12- Apr 4, 12

*No expiry on punch cards. Enjoy **30 MINUTES of FREE TIME** before or after your class in the ☺ Pool ☺ Hot Tub ☺ Steam Room



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