

# Adult Swimming Programs

## LATE FALL 2014

November 10<sup>th</sup> - January 25<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>						
9:15-10:15 Aqua-Intervals (Amy)  10:15-11:15 Adult Beginner R (Robbie)  11:15-12:15 Adult Intermediate R (Robbie)	9:00-10:00 Aqua Boot Camp (Kathryn)	9:45-10:45 Let the Music Move You (Cheryl)  10:45-11:45 Jump n Swim	9:30-10:30 H2O Fitness (Juli)  10:30-11:30 Adult Intermediate R (Andréa)  11:30-12:30 Adult Beginner R (Kim)  11:30-12:30 Jump n Swim	9:15-10:15 Jump Start Your Weekend (Shannon)  10:15-11:15 Prepare, Sustain, and Recover R (Shannon)	8:00-9:00 Adult Beginner R (Lillie)  11:30-12:30 Adapted Aquatics R	8:00-9:00 Adult Intermediate R (Sam)
<b>AFTERNOON</b>						
2:00-3:00 Senior Swim	12:30-1:30 Aqua S.P.A. R (Joan)  1:30-2:30 Total Body Toning (Joan)  1:30-2:30 Jump n Swim	2:00-3:00 Senior Swim	1:30-2:30 Gentle Aerobics R (Kathryn)	1:00-2:00 Jump n Swim  2:00-3:00 Senior Swim	1:30-3:30 Rec. Swim	2:00-3:00 Rec. Swim
<b>EVENING</b>						
5:00-6:00 Pre Team 1 R  6:00-7:00 Pre Team 2 R  7:00-8:00 Pre Team 3 R	7:00-8:00 Adult Beginner R (Phil)  8:00-9:00 Adult Intermediate R (Phil)	7:00-8:00 Total Body Toning (Kathryn)  8:00-9:00 Adult Beginner R (Phil)	4:00-5:00 Pre Team 2 R  5:00-6:00 Pre Team 1 R  6:00-7:00 Pre Team 3 R  7:00-8:00 Adult Inter. R (Raki)  7:00-8:00 Aqua Boot Camp (Kathryn)	4:15-5:15 Pre Team 1 R  5:15-6:15 Pre Team 2 R  7:15-9:45 Rec. Swim	3:45-4:45 Ice Adventures Pool Party	3:00-4:00 The "Rock Slide" Pool Party  4:00-5:00 Pre Team 1 R  5:00-6:00 Pre Team 2-3 R  5:00-6:15 Rec. Swim

R = Registration is required for this class.

DUE TO SPECIAL ACTIVITIES, SCHEDULE IS SUBJECT TO CHANGE. ALL CLASSES WILL BE PRO-RATED.

## SWIMMING CLASSES FOR ADULTS FREE FOR TOTAL FACILITY MEMBERS

Our pool is a great place for adults to enjoy exercise or begin a learn-to-swim program.  
We offer a variety of water exercise classes that are, suitable for all swimming levels and even non-swimmers!  
Our adult learn-to-swim program starts with water adjustment and basic swimming skills and progresses to the advanced fitness swimmer. All classes are taught by experienced and certified professionals.

### LAP SWIM

Enjoy time in our beautiful 5 lane, 25 yard pool! We offer many hours of lap swim throughout the day and evening.

### SENIOR SWIM Mon., Wed. and Fri. 2-3 p

Reserved pool time for seniors and physically challenged members of The Connection.

### ADULT LEARN TO SWIM & COMPETITIVE CLASSES

*\*Registration required for ALL Adult Learn to swim classes*

**Adult Beginner** M 10:15a, Tu 7p, W 8p; Th 11:30a, Sat 8a,  
Water adjustment and basic skills. Learn crawl stroke with breathing technique, backstroke and gradual intro to deep water (including jumping).

**Adult Intermediate** M 11:15a, Tu 8p, Th 10:30a, 7p; Sun 8a  
Must be able to swim 4 lengths of the pool. Improve form and breathing technique. Intro to breaststroke and standing dives. Average 20-30 laps per class.

### **JUMP IN AND SWIM**

Tues. 1:30; Wed 10:45; Thur. 11:30; Fri 1:00

Bring your kids, Infants – 6yrs., to enjoy play time with you in the pool.

Children must be accompanied by an adult in the water.

Have fun with toys, balls, music and more!

\$5.00 daily pass per child

### **RECREATIONAL SWIM**

Fri. 7:15; Sat. 1:30; Sun. 2:00 & 5:00

The entire family can enjoy swimming in our pool with toys, noodles, balls and more. Non-swimmers and children under 10 must be accompanied by an adult.

Recreational Swim is **free** for Total Facility members or \$20 family pass for non-members

**Infants and toddlers must wear two swim diapers:  
a non-disposable swim diaper with gathered legs and waist  
(available at Front Desk) over a disposable swim diaper.**

### **Total Facility Fees**

Enjoy full use of the Fitness Center and pool and participate in all adult fitness, aquatic and dance classes. Baby-sitting is free and available for TF members.

	Monthly	Annual
ADULT	\$65	\$765
HOUSEHOLD	\$92	\$1,085
SENIORS	\$55	\$645
SR. HOUSEHOLD	\$75	\$895

### WATER EXERCISE CLASSES

*\*Registration required for ALL Gentle Aerobics classes*

#### Beginner Water Exercise Programs:

**Aqua S.P.A. (Special Population Aerobics)** Tu 12:30p

An aquatic exercise program designed specifically for people with arthritis, osteoporosis, and related health concerns. This program uses gentle activities to help increase joint flexibility and range of motion, to maintain muscle strength, and to increase stamina.

**Gentle Aerobics** Th 1:30p

Enjoy the water through exercises which will support joints, encourage free movement, and act as resistance to help build muscle strength. Ideal for someone who is developing or has muscle concerns and needs to be mindful of the stress that land activities can cause the body.

**Prepare, Sustain, and Recover** F 10:15a

This class includes gentle movements and exercises that will improve mobility, strength, breathing, and relaxation. Appropriate for those looking to prepare for surgery, just returning to physical activity, wanting to reduce pain, and/or improve overall day to day life.

#### Intermediate Water Exercise Programs:

**Aqua-Intervals** M 9:15a

Warm up, stretch, and get your body moving as you quickly progress into intervals of cardio and strength training exercises in the shallow water. Then make your way to the deep water where your workout continues and gets your body energized for the day.

**H2O Fitness** Th 9:30a

A high energy cardio class that uses exercises specifically tailored to work different body parts with equipment incorporated to increase intensity and resistance. This class finishes with a powerful ab routine that will keep your heart rate pumping.

**Jump Start Your Weekend** F 9:15a

This class begins with a brisk stretch and warm-up, followed by 35 minutes of a callisthenic total body workout and then finishes with a refreshing cool down that has you ready to start your weekend off on the right pace!

#### Advanced Water Exercise Programs:

**Aqua Boot Camp** Tu 9a; Th 7p

Step up your routine with this athletic style workout, where participants work at high levels of intensity. General movements such as high knee and hamstring jogging, kicks, jumping jacks, cross-country skiing, and squats are used at various tempos and intervals of resistance.

**Let the Music Move You** W 9:45a

An invigorating workout were aqua meets dance. We will make you sweat while having fun at the same time! It combines a variety of workout styles including deep and shallow cardio exercises, equipment and fun DANCE moves used for muscle toning!

**Total Body Toning** Tu 1:30pm; W 7p

Focus, engage, and tone every muscle in your body through the use of water resistance in both the shallow and deep water. This class promises to have your heart rate moving with a combination of fast paced cardio and core strengthening exercises.