

# AQUATICS

**The Aquatics Center will be closed on Tuesday 9/20; Saturday 10/8 & 11/5.**

The pool is located behind the Gowana Middle School. **Please note that the age requirement for the adult aquatic courses is 18 years of age unless otherwise stated.**

Registration for all Aquatics courses will be held at the center on the dates/times noted in the schedule below:

## **Open house registration dates/times**

Thursday September 8 6:00-8:00pm  
Thursday October 13 6:00-8:00pm & Saturday October 15 9:00am-12:00pm\*  
Thursday December 8 6:00-8:00pm & Saturday December 10 9:00am-12:00pm\*  
Thursday February 9 6:00-8:00pm & Saturday February 11 9:00am-12:00pm\*

**\*ARC Swim Lessons only**

## **ARC SWIM LESSONS-( Children) Pre-school & Grade School**

### **Open house registration only**

Session 1: Begins Saturday September 10  
Session 2: Begins Saturday October 29  
Session 3: Begins January 7  
Session 4: Begins March 3

## **ADULT LEARN TO SWIM**

This course is designed to teach adults basic swimming and water safety skills. The goal of this course is to increase personal comfort in and out of the water among adults. The class is taught by a certified American Red Cross Water Safety instructor. **Limited to 15.**

**Dates:** Saturdays beginning September 24  
**Time:** 12:00-1:00pm  
**Length:** 7 weeks  
**Fee:** \$62; Non-residents: \$72

## **LAP SWIM**

Lap Swim is open to individuals who prefer to swim for conditioning, fitness or practice. Maximum Capacity Per Day: 30 Swimmers-5 Per Lane, first come/first serve basis. **No coaching or organized swimming practices are permitted during Lap Swim!**

**Dates:** Mondays-Saturdays  
**Monday begins September 19**  
**Time:** Monday-Friday 5:45-7:45am  
Tuesdays/Thursdays 6:00-9:00pm \* **Note: 6:30-7:30pm on 9/22,10/4,10/18**  
Saturdays 12:00-4:00pm  
**Fee:** \$45; Non-residents: \$65

## **SENIOR AQUA AEROBICS (60 years and older)**

Aqua Aerobics can help you get fit and stay fit. Aqua Aerobics allows you to customize your workout by choosing a higher or lower intensity, taking the impact off those overworked joints. You will look good and feel good as a result of "working the water" safely and sweat-free. Aqua Aerobics is for both men and women of all fitness levels and non-swimmers are welcome.

**Dates:** Monday begins September 19  
**Time:** Monday-Thursday 6:30-7:30am  
**Length:** 13 weeks  
**Fee:** \$42; Non-residents: \$52

## **AQUA AEROBICS**

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**Dates:** **Tuesdays/Thursdays/Saturdays**  
**Thursdays beginning September 22**  
**Time:** **7:00-8:00pm**  
**8:00-9:00am-Saturdays**  
**Length:** **13 weeks**  
**Fee:** **\$62; Non-residents: \$72**

## **DEEP WATER AEROBICS**

Deep water aerobics is a great exercise program that is completely non-impact. Participants are supported vertically by buoyancy belts but submerged from the shoulders down to maximize the use of water pressure and drag or resistance on muscles which increases strength and flexibility. A cardio component can also be incorporated through the use of interval jogging and equipment use at the surface. An excellent program for adults recovering from skeletal injuries or living with degenerative and/or neuromuscular disorders as it prevents the possibility of falling. No swimming ability is required but this is not good choice for anyone who is not completely comfortable in the water.

**Dates:** **Tuesdays/Thursdays/Saturdays**  
**Thursdays beginning September 22**  
**Time:** **8:00-9:00pm-Tues/Thurs**  
**9:00-10:00am-Saturdays**  
**Length:** **13 weeks**  
**Fee:** **\$62; Non-residents: \$72**