



# Aquatic Program Information

**Little Splashers Time:** This time is designed for preschool age children 5 and under accompanied by an adult to swim in the pool. The features are turned off during this time but upon request the fire hydrant will be turned on for your enjoyment. This is not a class led by an instructor, but rather a time dedicated to young children to play in the water without the interference and distraction of older children. \*Schedule is listed below under Aquatic Class Schedule\*

Family Learn to Swim, Stingrays Swim Team, Private & Semi-Private Lessons, Homeschool Swim, and Mommy & Me Program information is located at the front desk or on our website at [parkboard.org/aquatics](http://parkboard.org/aquatics).

---

## Aquatic Class Schedule

*\*Lap lanes will be closed during the following times\**

### Water Aerobics:

**M,W,F** - 9-10am, 10-11am, 5-6pm, 6-7pm

**T,TH** - 8:30-9:30am

**Sa** 8:30-9:30am, 9:30-10:30am

### Joints in Motion:

**T & TH** - 9:30-10:15am

Water Yoga: \*Resistance walk may be shut off during this time\*

**TH** - 10:30am-11:15am

### Little Splashers:

**M, T, TH** - 11:30am-3pm; **W, F** - 9:30am-3pm

**\*Lap lanes are reserved during water aerobics classes. If there are 10 or more participants, all three lap lanes will be removed and used for the water aerobics classes.\***

## Water Aerobics Class Descriptions

Water Aerobics, Joints in Motion, Water Yoga

- Water Aerobics:

This class is a mix of cardio exercise, toning the muscles, and has low to no impact on the joints. During the class the instructor incorporates water weights, water belts, noodles, and uses your own body to get a good workout. From beginners to experienced, everyone can get a great work out all in the same class. Remember to bring a water bottle! Even though you are in the water, you are still working your body and need to keep it hydrated. With full range of motion resistance in the water, we will build lean body mass and concentrate on different muscle groups encouraging muscle mobility.

- Joints in Motion:

This class is designed for those who have Arthritis, have had recent surgeries or have any kind of muscle and joint pains. Joints in motion is not as vigorous as the regular aerobics classes; this class focuses on stretching, strength & flexibility of those tight or recovering muscles and joints.

- Water Yoga:

This class is a gentle yoga class that is appropriate for any level. The content for this class includes balance work, strengthening abdominals and meditation.