

HealthSPORT

Pool Class Descriptions

Family Swim - Recreational time for families to enjoy the pool & spa. Lifeguards on duty.

Lap Swim - (Adults) 2 persons per lane. Lanes available for lap swimming or water walking only.
Lanes are not available during class times.

Adult Swim Clinic (\$) - Stroke improvement class for adults with at least a basic understanding of strokes.
Learn kick turns & how to plan a workout and build endurance in the water.

Aqua Balance - A blend of functional water exercises for strength, flexibility, and overall health.

Aqua Conditioning - Wake up with this water workout. Combines up tempo music with shallow water for great heart and core conditioning.

Aqua Bootcamp - Get all the cardio and strength training you need! Aqua Boot Camp is a challenging workout, with high intensity cardiovascular training, constant and enhanced strength training, plus built-in flexibility work. Also includes jump training for those involved in sports and athletic events.

Aqua Zumba - Lively exercise for fun & fitness, with conditioning, cardio and strength.
Open to everyone 16 and up.

Baby Swim (\$) - Parent participation class for ages 6-36 months.

Tiny Swimmers (\$) - Your child's first experience in the water. Will learn basics in a small group atmosphere.
Best for 3-5 year olds.

Learn to Swim (\$) - Children will learn to dive under water, practice beginning strokes.
Best for children 5-8 years old. *Meets twice a week.

Intro to Strokes (\$) - Perfect for children who have some experience, who will continue to work on basic and intermediate skills.

Stroke Development (\$) - Perfect for older children and teens who are looking to perfect their strokes and work on advanced skills.

Swim Club (\$) - Non-competitive swim team for 6-16 year olds. Children must be competent in freestyle, breast and back stroke.

Water Exploration (\$) - Your child's first experience in the water.
Will learn basics in a small group atmosphere.

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