



ADULT SPECIALTY AQUATIC CLASSES

FALL I & II

conquer spin decompress stretch win ace
breathe commit share climb relax let
swim master play unwind twist
learn dive throw lift excel box recharge
push outdo snout achieve jump smile
ace pull crush balance compete chill

2018

Session I: August 20 to October 22 (9 weeks)
Session II: October 28 to December 22 (8 weeks)

ADULT SPECIALTY CLASSES *REGISTRATION IS REQUIRED FOR ALL NON-MEMBERS.*

CLASS	DAY/POOL TIME	MEMBERS	NONMEMBERS	
			Fall I	Fall II
MASTERS SWIM <i>Lap Pool</i> Build endurance and refine stroke mechanics. Learn new ways to train in water. Opportunities for competition.	Mon/Wed 7:30 - 8:30 p.m.	FREE	\$270	\$240
	Saturday 7:30 - 8:30 a.m.	FREE	\$135	\$120
AQUA BOOT CAMP <i>Lap Pool</i> If you are looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be! This higher intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land based cardio workouts.	Tues/Thurs 9:30 - 10:30 a.m.	FREE	\$144	\$120
ARTHRITIS PLUS <i>Therapy Pool</i> ARTHRITIS FOUNDATION APPROVED CLASS An all age aquatic program is designed for persons with varying degrees of arthritis. Range of motion and endurance exercises will strengthen all the muscles and joints.	Monday 10:30 - 11:30 a.m.	FREE	\$216	\$192
	Wednesday 10 - 11 a.m.			
	Friday 10 - 10:45 a.m.			
	Tues/Thurs 11:30 - 12:30 p.m.	FREE	\$144	\$120
	Tues/Thurs 7 - 8 p.m.	FREE	\$144	\$120
WET WALKERS <i>Lap Pool</i> Water walking class utilizes the resistance of the water to create a multi-level impact, effective cardio workout.	Sunday 9 - 10 a.m.	FREE	\$72	\$64

ADULT LEARN TO SWIM (13 years & older) *REGISTRATION IS REQUIRED FOR ALL MEMBERS AND NON-MEMBERS.*

CLASS	DAY/POOL TIME	MEMBERS		NONMEMBERS	
		Fall I	Fall II	Fall I	Fall II
ADULT SWIM LESSONS <i>Therapy Pool</i> This class will work with each swimmer at their skill level. Beginner swimmers will learn the basic skills of floating, airway control and move towards performing the skills independently. As swimmers progress towards more advanced skills they will learn to coordinate the front crawl with rotary breathing and back crawl strokes. This class will be tailored to meet your needs.	Saturday 7:45 - 8:30 a.m.	\$99	\$88	\$135	\$120
	Wednesday 6:35 - 7:20 p.m.	\$99	\$88	\$135	\$120

AQUATICS Specialty Information

Fall I Registration begins: Monday, July 23, 2018. No class Labor Day, Monday, September 3. Makeup is Monday, October 22.
 Fall II Registration begins: Monday, October 1, 2018. No class Thanksgiving, November 22. Classes are prorated.

Sign up at the Registration Desk or call 630-978-6280 to register for classes.

Payment must be received at time of registration.

Please Note: Classes are NON-REFUNDABLE. No make-ups for missed classes.