

Pool and Aquatic Class Descriptions

All classes are included with the Basic Membership.

Lap Swim - Experience dedicated lap swimming for a focused workout in the pool. Swimmers have the option to share lanes or swim independently, all while enjoying a fitness-oriented environment at their own pace.

Open Swim / Water Walking - Enjoy open swim for leisure and social interaction, alongside water walking, a self-guided program that offers a low-impact workout. Engage different muscle groups and consult the lifeguard for walking pattern options to keep your routine varied and enjoyable.

Aquacise & Balance (Intensity Level 1) - This is a low impact/intensity water workout designed to benefit people with arthritis and related health issues. In this class, you will concentrate on exercises designed to increase your range of motion, strengthen core muscles, and improve balance.

Aqua Stretch (Intensity Level 1) - Aqua Stretch is a low-impact water-based class designed to enhance flexibility, mobility, and muscle relaxation. Participants will perform gentle exercises and stretches in the pool, improving range of motion while reducing joint strain. Suitable for all fitness levels, this class aids in recovery, reduces muscle tension, and promotes overall physical well-being.

Aqua Yoga (Intensity Level 1) - This program is a low-impact aquatic exercise, performing yoga poses in the water. These poses and stretches help you develop strength, static balance holding, and increase range of motion with little impact on your joints, tendons and ligaments - making this program ideal for those with knee, hip, or ankle complications. No experience necessary!

Power Aquatics (Intensity Level 2) - This class uses a variety of equipment (pool noodles, barbells, etc.). The focus is on cardio, balance, coordination, range of motion, and muscle strengthening exercises.

Water Volleyball (Intensity Level 2) - Enjoy some friendly competition and get a great workout at the same time! A softer ball is used and all athletic abilities are welcome.

Resist the Tide (Intensity Level 3) - This higher-intensity interval workout will incorporate some of your favorite exercises and the resistance equipment found in the Power Aquatics class. This, however, will be a quicker, more vigorous workout that will both work and tone your body.

Aquatic Class Intensity Levels

Intensity Level - 1 (Daily Activity) - Includes activities that are low in intensity and easy to perform. Some examples are making the bed, gardening, vacuuming or dusting, walking slowly, golfing with a power cart, or doing light stretching.

Intensity Level - 2 (Base) - Activities are moderate, slightly uncomfortable, and cause you to sweat a little. Some examples are biking, walking briskly, golfing while pulling or carrying clubs, recreational swimming, weight lifting, mowing the lawn with a power mower, or scrubbing floors or windows.

Intensity Level - 3 (Heart Health) - Activities are vigorous. A person can still talk, but it takes quite a bit of effort. Most of the activities at this level are intentionally planned. Some examples are brisk walking, jogging, swimming laps, or circuit training.