



## Pool Class Descriptions

**NOTE: ALL CLASSES BEGIN ON THE HOUR, AND END FIVE MINUTES BEFORE THE HOUR.**

### **BASIC WARM WATER (Arthritis Foundation Based)**

This class is suitable for those with moderate to severe joint pain or impaired mobility due to a medical condition. This low-impact class has an extended warm-up session and emphasizes range-of-motion and balance exercises and may include the use of aquatic equipment such as noodles, barbells, and paddles. This class has a short endurance section of 5 to 10 minutes that provides exercises, such as walking.

### **ACTIVE WARM WATER**

This more active class is suitable for those with mild joint pain or impaired mobility, but whose lifestyle is less restricted by physical constraints than participants in the BASIC class. The class begins with a warm-up session and includes range-of-motion as well as strengthening exercises. Included is an extended endurance section that can build up to 10-15 minutes of low-to-moderate intensity activity and, of course, a cool-down session. Aquatic equipment may include noodles, barbells, paddles, and low-resistance dumbbells.

### **INTERMEDIATE AEROBICS**

As you increase your endurance in aerobics, you may wish to advance to this class. There is a beginning warm-up which leads to the active aerobics of 5-10 minutes guided by music. The class ends in a cool down and stretches. Aquatic equipment may include noodles and dumbbells. Water shoes are highly recommended for this class.

### **ADVANCED AEROBICS**

This class is for people who are physically fit and have little to no medical restrictions. This class is the most advanced and is a fast-paced and high-intensity aerobics workout of up to 40 minutes while music is playing. It starts with a warm-up, builds to a fast workout that will improve cardiovascular and respiratory capacity, and ends with a cool down and stretches. Aquatic equipment may include noodles and dumbbells. Water shoes are highly recommended for this class.

### **YOGA (AQUA)**

Come get your ohm on. Breathe, stretch, relax - yum! The warmth and buoyancy of the water can enhance your yoga routine as the instructor guides you through such poses as Warrior I and II, Mountain, and Triangle. All levels are welcome. Don't worry...no underwater Downward Dog!

### **FREESTYLE**

This supervised but unstructured class time allows you to "do your own thing," so it is ideal for those who are making up a missing class (because they can use the equipment and exercises designated in that class), but participants who just want to soak, stretch, walk, or to follow a routine recommended by a medical professional are welcome to do so. Participants are expected to be mindful of others in the pool and to heed the instructor's directions. There is no swimming.

### **WATER VOLLEYBALL**

This is a great class to get some exercise while having fun! Two teams play against each other in a sometimes boisterous game. This class can get active, and playing will improve your range of movement, cardio, and endurance. It's so much fun you don't even realize you're exercising!