

# January Water Classes

Fitness class registration begins December 7th. If class is full new participants must wait until the first of the month to see if space becomes available. Registration minimum must be met one business day prior to beginning of class, or class is subject to cancellation. Drop in price for one class visit, Pass-holder is \$3.50 / Non-pass is \$9.00. Speciality class drop in price varies. No class discounts with 30-day Pass. For more information or questions please call S.A.R.C. at 683-3344.

## Mondays, Wednesdays and Fridays

January 2nd - 30th, Pass \$32.50 / Non-Pass \$97.50

Hydrofit	9:00AM - 9:45AM
Water Exercise	9:00AM - 9:45AM
Aquarobics	10:00AM - 10:45AM
Water Walking	1:00PM - 1:45PM

## Tuesdays and Thursdays, January 3-31

Pass \$22.50 / Non-Pass \$67.50

Aquarobics	9:00AM - 9:45AM
White Water	9:00AM - 9:45AM
Aquarobics	7:00 PM - 7:45PM

## Mondays, January 7th-28th

Pass \$17.50/ Non-Pass \$35.00

\*Parent Tot

## Fitness class Punch Card

Good For 5 Class drop-ins  
Expires In One Year.  
Pass \$15/Non-Pass \$40  
\*Fitness class cards are  
not accepted for  
speciality classes.

### Class Descriptions

Aquarobics- Includes a wide variety of cardiovascular & muscle endurance / strength training movements in shallow water. Beginner to advanced levels of difficulty

Hydrofit- Includes a variety of movements in the deep water with specialized water equipment. This class works on strength and muscle endurance. Contact your physician if you have a history of knee, hip, or back problems for clearance in this class.

Water Exercise- Includes a variety of movements to improve flexibility, strength, and muscle endurance. Great class for beginners.

White Water Workout- Intense deep water workout using flotation devices. The class works your body in a full range-of-motion, strong cardiovascular workout, mixed with abdominal crunches.

Parent-Tot- For ages 6 months to 3 years. Get your child acquainted with the water. This class will enhance water safety for children and teach beginning float & kick skills.

Water Walking- Uses the shallow end of the pool using various arm and leg movements to improve functional capability. Improvement in balance and flexibility. Great class for beginners.

Class Refunds: Full refunds will be granted up to one business day prior to the start of class. Refunds will be prorated from the date the participant comes into the facility and only for medical reasons to withdraw from the class or on the basis that one is moving from the community.