

Class Descriptions

Adult Night: Need some quiet time? Date night? Come enjoy the calm of the pool with adults only.

Aqua Run: A 45 min aerobic workout comparable to that done by runners, cyclists and nordic skiers - warm up, intervals and a cool down. Everyone does the same workout but at their particular fitness level so it's a calorie/cardio burn for all! A swimsuit or any workout attire that is not heavy/baggy is acceptable. Aqua jog belts are provided. There is no reason not to try this class!

Aqua Yoga: Gentle and low impact, using intuitive movement, breathing and resistance exercises, as well as stretching and holding poses to teach our bodies to feel buoyant and comfortable.

Classic Strength: This class is for seniors and anyone overcoming an injury or illness. Gentle and great for beginners. Many of the exercises are performed from a chair with modifications for more advanced participants. Focus is to increase strength, balance and range of motion.

Community Water Aerobics: Exercises using the water as resistance to enable the student the benefit of weight lifting without added risk of strains and sprains on your body. This class is member lead with the use of an instructional video. Cost is FREE to members and daily rates for non-members.

Core Tabata: Geared towards all levels, working on upper and lower body as well as the CORE!

General Swim: Swimming at this time is open to people of all ages and under the supervision of a Lifeguard. Children under the age of eight must be accompanied by an adult (adult must be in the same pool with children age six and under). Members swim for free, and non-members pay daily rates.

Gentle Yoga: A beginning level class that blends restorative poses with gentle movement and flow sequences. A good place to re-start after an injury or set back or to just counter the effects of harder workouts. You will leave feeling "unkinked" and refreshed.

Kayak Night: Bring your own kayak or rent one of ours (\$5/boat) and practice your skills in the safety and warmth of the pool (Please call ahead to reserve a boat, otherwise it is first come, first served).

Kid Activity: While you are getting pumped up, burning calories or just need a breather, one of our instructors will be in the pool directing enjoyable and interactive kid activities (\$2.50 for members, \$5 for non-members).

Lap/Exercise & Open Kayak: During these times, the pool is divided into swimming lanes for your self-work out pleasure. Workout equipment such as kick boards, hand paddles, and buoys are provided by our facility. During this time, families may utilize the open area outside of the lap lines and kayakers may utilize this area during open kayak time, while being respectful to the lap swimmers.

Mountain Made: Come prepared for a workout outside! Break a sweat utilizing our natural surroundings while soaking up the sun.

Pilates Mat: This series is comprised of the classic mat exercises developed by Joseph Pilates - performed with precision and focus to build core strength, lengthen muscles and increase flexibility. Discover muscles you never knew you had!

Pool Rental/Specials: During this time, the pool is available to rent for exclusive use at \$200/hour (includes a life guard). Contact the front desk for reservations.

Summer Swim League: Designed for students enrolled in stroke school (must be enrolled in both) to practice skills learned in session and build proficiency in all strokes (\$50/month includes zoomers and swim team cap).

Swim Lessons/Stroke School: All ages and skill levels. \$60 for members and \$80 for non-members per eight-week session (once a week for 30-45 minutes). Private lessons available upon request. Please register at the front desk. Scholarships available.

Yoga: Mindfulness, body movement and postures, breathing exercises and more for total health and wellness.

Youth Yoga: Teaching children how to move their bodies and use their minds through games, breath work, poses, music and much more.

****Scholarships available for all programs*** Inquire about details at the front desk****

