

Class Descriptions

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

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: Class targeted towards seniors or anyone overcoming an injury or illness. Gentle and great for beginners, yet progresses nicely for added challenges. Builds strength of bones, muscles, ligaments, tendons and increases balance, flexibility and energy.

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: This beginning level class will guide you through the basics of yoga. Strength-building poses are blended with gentle movement and flow sequences. A good place to start your summer exercise routine, to re-start after an injury or set back, or to just counter the effects of harder workouts.

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 strength and increase flexibility. Most of the exercises can be modified so all levels are welcome.

Pilates/Yoga: Can't decide? Do them both! A smart combination of Pilates and yoga for a great mind/body workout.

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.

Power Yoga: A challenging class with a strong emphasis on strength, balance and breath. Variations on sun salutations and other intense flow sequences will get your heart rate up and have your body and mind working hard.

River SUP: Practice standing up, balancing and paddling on the river. Bring your own board or rent one of ours (\$5/boat). (Please call ahead to reserve a board, otherwise it is first come, first served). (\$2.50 for members, \$5 for non-members).

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***