

In the Water

Lifeguard Classes

Call (540) 662-4946 ext. 1825 for details.

Fee: \$225 R \$250 NR

*Minimum three students per class

December 13-22

May 2-11

May 16-25

Tuesday and Thursday, 6pm-10pm

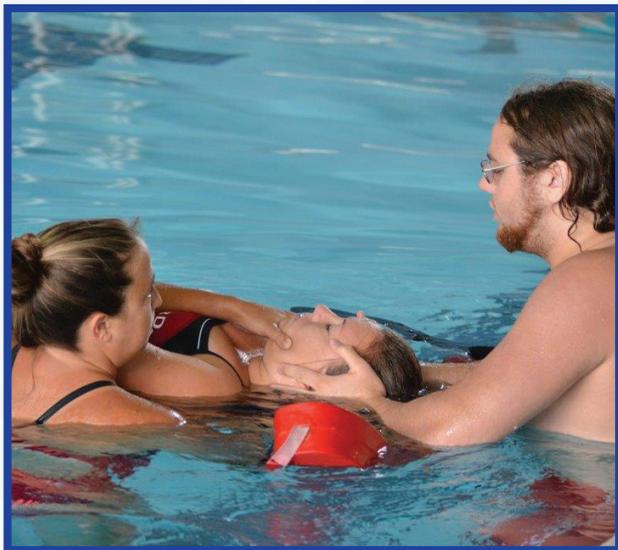
Saturday and Sunday, 9am-5pm

March 6-10

Monday-Friday, 6pm-10pm

April 10-14

Monday-Friday, 6pm-10pm



Aquatic Fitness Classes



Aqua Arthritis

This aquatics program is designed to help reduce pain, increase strength and flexibility, and decrease the feeling of isolation through social interaction. This Aquatic Arthritis class, led by a certified instructor, is designed to be a fun, safe way for people with arthritis to stay fit and improve their day-to-day life.

Times: Tuesdays and Thursdays, 11am-Noon

Fee: Included in facility membership

Drop-in: \$5 R \$5.50 NR

Location: Jim Barnett Park, Indoor Pool

Instructor: Emily Kulp

Water Aerobics

Tone and sculpt your body with no impact on your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, noodles, and kickboards. Taught by a certified instructor, water exercises help increase your energy, stamina, and strength.

Times: Mondays and Wednesdays, 10am-11am

Tuesdays and Thursdays, 7pm-8pm

Fee: Included in facility membership

Drop-in: \$5 R \$5.50 NR

Location: Jim Barnett Park, Indoor Pool

Instructors: Myla Annis & Emily Kulp

Water Yoga

Water Yoga is a fun and effective practice that adapts traditional yoga postures in a gentle and low impact aquatic environment. Poses simultaneously help students develop strength, static balance, renewed energy, increase range of motion, and a sense of relaxation.

Time: Tuesdays and Thursdays, 9am-10am

Fee: Included in facility membership

Drop-in: \$5 R \$5.50 NR

Location: Jim Barnett Park, Indoor Pool

Instructor: Jessica Edwards