



## Winter Aquatics Class Schedule 1/2/2019

	Monday	Tuesday	Wednesday	Thursday	Friday
M O R N I N G			Adult Swim 6:30-7:30am		
	Warm H2O Move ★ 8:00-9:00am Aqua Fitness 8:30-9:15am	Warm H2O Move ★ 8:00-9:00am Aqua Challenge 8:30-9:30am	Warm H2O Move ★ 8:00-9:00am Aqua Fitness 8:30-9:15am	Arthritis Class ★ 8:15-9:00am Aqua Challenge 8:30-9:30am	Arthritis Class ★ 8:15-9:00am Aqua Challenge 8:30-9:30am
	Aquatics Archery Tag 12:00-1:00pm	Guard Training 11:00-11:30am	Aquatics Cardio 12:00-1:00pm		
M I D - D A Y				Guard Training 11:00-11:30am	
			SwimLesson 1 3:00-3:30pm ★ SwimLesson 2 3:30-4:00pm	PrivateLessons 2:30-4:30pm R please inquire in Aquatics ★ Youth Swim Class 3:00-4:30pm Paddleboard Yoga 4:45-5:20pm	SwimLesson 1 3:00-3:30pm ★ SwimLesson 2 3:30-4:00pm
			K1-Chlorine Machines 3:45-5:00pm		K1-Chlorine Machines 3:45-5:00pm
E V E N I N G	<b>Saturday</b>				
	BGC-Wave Runners 6:00-7:45pm	Aqua Zumba 4:45-5:30pm	Body&Mind Float ★ 5:30-6:00pm BGC-Wave Runners 6:00-7:45pm		



Therapy Pool

R Registration needed

Classes Subject to Change

Questions about our classes and programs? Call (208)686-9355 Ext 512 or talk to the Aquatics staff!

# AQUATIC CLASS DESCRIPTIONS



## Classes in the Therapy Pool:

**Archery Tag** *A fun water sport that you play against your friends or another team.*

**Arthritis Class** *Exercise program has shown to reduce pain and improve overall health. Suitable for every fitness level, the classes are held in a friendly and supportive environment that encourages social interaction among participants.*

**Warm H2O Move:** *use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity in the Therapy Pool.*

**SWIMMING LESSONS:** *The first priority for teaching swimming lessons is personal water safety, with that we teach being safe and comfortable around the water, what to do in case of an emergency and being able to swim to safety.*

**Body&Mind Float** *to De-stress, decompress and heal. You will float in darkness for 30 minutes. The outside world is gone. In this relaxed state, your mind and body will do amazing things to heal and restore what you completely thought was impossible.*

## Classes in the Main Pool:

**ADULT SWIM:** *Coached lap swim workout.*

**YOUTH SWIM:** *Coached swim time for youth. Emphasis is on learning the competitive swim strokes.*

**AQUA FITNESS:** *also called aqua aerobics, use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity.*

**PADDLEBOARD YOGA:** *This class is a variation of stand-up paddle surfing (SUP), combined with yoga, which originated in Rishikesh, India. The sport combines hatha yoga and vinyasa yoga asanas, or poses, with surfing.*

**Adult Learn to Swim:** *This class is perfect for people who can't swim at all, who have anxiety about the water, or who are comfortable in the water but want to learn the basic strokes as well as the basics of lap swimming.*

**GUARD Training:** *You will learn the skills to help you become a certified lifeguard in this class. Participants will learn the knowledge and skills to prevent - recognize and respond to aquatic emergencies.*

**Aqua Zumba** *Splash your way into shape with an invigorating low-impact aquatic exercise.*

**Balance on Water** *this class will introduce the fundamentals to working out on an unstable surface in the water utilizing our floating platform/SUP. You'll be introduced to a variety of exercises to build strength from head to toe while you raise heart rate with the added bonus of firing stabilizers that often go unused in a fun new way.*

**Walk on Water** *Is Slacklining above the pool and it is a sport and art that is balance training, recreation, confidence builder fun and a moving meditation.*