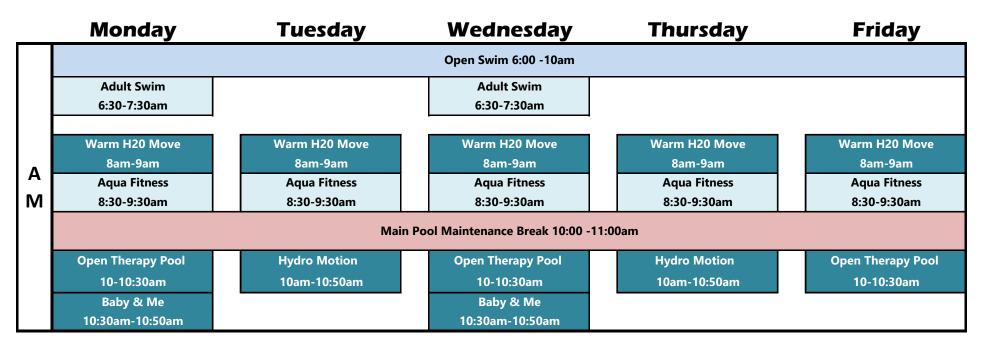
## 2019 Aquatics Class Schedule (9/9/19)





Main Pool **Therapy Pool** 

Questions about our classes and programs? Call (208)686-9355 Ext 2512 or talk to the Aquatics staff!

## **Aquatics Class Descriptions**

## **Therapy Pool Classes:**

**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.

**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.

**Hydro Motion:** Very low impact strength, endurance and aerobic exercises for the whole body. All done in 90 degree water helps improve range of motion because the buoyancy of the water is easy on your joints, so if you have joint problems, chronic pain, or are recovering from injury. Try aqua exercise it can be as easy or challenging as you want!

**Baby & Me:** Bring your swim suite and little one and we will help you to introduce the little one to the water.

**Open Therapy Pool:** Open time to use the Therapy Pool, staffed by our trained Lifeguard.

## Main Pool Classes:

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.

Aqua Zumba Splash your way into shape with an invigorating lowimpact aquatic exercise.