

ADULT AQUATICS PROGRAMS

2019 Session: July 1 – August 18

Participants will have two options for payment; Session Passes or Drop-In (single class). A session pass will give participants the option to come to as many or as few classes as they wish for the entire session.

Session Passes - In-District

- Water Aerobics - \$110
- Aqua Zumba - \$105
- Swim & Fit - \$80
- Aerobics/Zumba Combo - \$190
- All Access Pass - \$250
- Drop-in (single class) - \$12

Session Passes – Out-of-District

- Water Aerobics - \$120
- Aqua Zumba - \$115
- Swim & Fit - \$90
- Aerobics/Zumba Combo - \$210
- All Access Pass - \$280
- Drop-in (single class) - \$15

Water Aerobics is for everyone! Classes combine various formats of water exercise to give you the most complete program possible. Group water aerobics classes are invigorating workouts that are non-competitive and fun. You will see improved flexibility, strength, coordination, and endurance. Regardless of your current fitness level or physical condition, we believe you will find Water Aerobics right for you! Classes are offered 4 times per week. Each class is 60 minutes long.

The **Swim & Fitness** class is an adult aquatic fitness program, focusing on stroke technique, strength and endurance. Monthly stroke clinics will introduce the four strokes and cover stroke technique drills. This class is for all levels, from beginner swimmers to triathletes. Classes will be tailored to the participant's ability and goals. Classes are offered 3 times per week. Each class is 60 minutes long.

Aqua Zumba classes offer a low-impact, high energy workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's fun and exhilarating. Classes are offered 2 times per week. Each class is 60 minutes long.

2019 ADULT PROGRAMMING SCHEDULE

Class	Schedule
Water Aerobics	Tuesdays / Thursdays / Saturdays: 10a-11a Tuesdays: 7p-8p
Aqua Zumba	Thursdays / Saturdays: 11a-12p
Adult Swim & Fit	Tuesdays / Thursdays / Saturdays: 9a-10a Stroke Clinics (Jun 1, Jun 29 & Aug 3): 9a-10a

Register online at www.SafeGuardAquatics.com/Programs