

Please Note that ALL CLASSES are subject to change based on Location- Instructor Availability-Class Participation!

# February Aquatic Class Schedule

## January 31st - February 28th

Aquatic Classes are included in a CRC Membership. Non-members pay a drop in fee of \$5 per class

### Monday

8:00am - 8:45am  
Aqua Zumba-Dee

9:00am - 9:45am  
Silver Sneakers  
Splash - Briggettee/Dee

10:00am - 10:45am  
Aqua Yoga-Briggette

11:00am - 11:45am  
Aqua Turbulence-  
Briggette

4:00pm - 7:00 pm  
Swim Team

### Tuesday

10:00 am - 12:00 pm  
Water Volleyball

12:15 pm - 1:15 pm  
Silver Sneakers Splash -  
Briggettee/Dee

4:30pm - 7:00pm  
Swim Lessons

### Wednesday

8:00am - 8:45am  
Aqua Aerobics-Beverley

9:00am - 9:45am  
Arthritis R.O.M.-  
Heather

10:00am - 10:45am  
Aqua Yoga-Briggette

11:00am - 11:45am  
Aqua Turbulence-  
Briggette

5:00pm - 7:15pm  
Swim Team

### Thursday

10:00am - 12:00pm  
Water Volleyball

12:15 pm - 1:15 pm  
Aqua Turbulence-Briggette

4:30pm - 7:00pm  
Swim Lessons

5:00pm - 7:00pm  
Swim Team

### Friday

8:00am - 8:45am  
Aqua Aerobics-  
Beverley

9:00am - 9:45am  
Aqua Yoga-Briggette

10:00am - 12:00pm  
Water Volleyball

12:15 pm - 1:15 pm  
Silver Sneakers  
Splash - Briggettee/Dee

### Water Aerobic Class Descriptions:

**Aqua Turbulence:** An innovative aqua class for all ages and fitness levels in which buoyancy equipment is used to increase the waters "Turbulence." As the turbulence increases in the pool so does the workload for the core muscles.

**Arthritis Range of Motion (R.O.M):** Developed especially for people with arthritis, this program helps you stay fit while reducing arthritis pain. Take control of your arthritis and minimize your pain with our low impact stretches.

**Aqua Zumba:** This is a class focused on helping you take a step towards an energetic day! Different style workouts offered variety of exercises and intervals, all in one class!

**Aqua Yoga:** Aqua Yoga is a low-impact aquatic exercise, performing Yoga poses in water. The goal is to provide: strength, balance, and range of motion. Yoga in the pool is an amazing place to experience the many benefits of yoga. The feeling of weightlessness in the water takes the stress out of challenged joints.

**Silver Sneakers SPLASH:** Silver Sneakers Splash is a class designed to enhance physical endurance, power, mobilize joints, and improve balance utilizing the physical properties of the water and functional movement patterns. The Silver Sneakers kickboard is a buoyant piece of equipment. It can be used for flotation assistance or resistance training.

**Water Volleyball:** We have a floating net, Noodle-formed "back lines", and a beach ball (for better reaction time)! Come and bring your "A" game! (Game played in average depth of 4 ft., no swimming skills needed)

**Schedule Period: January 31st - February 28th**

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Conway Sports & Fitness Center Pool Hours:

6:00am - 7:30pm

\*\*\*Pool closes at 3:00 February 5<sup>th</sup>\*\*\*

