



AQUATIC CLASS DESCRIPTIONS



AQUA SUPRISE: Is a total body workout that is recommended for all levels of fitness! This water class will have a mix of all classes that we offer in the pool. Aquatic shoes are recommended.

AQUA TABATA : A water version of land TABATA... interval training 8 sets of 20 sec movement 10 sec of rest. This class is for all levels of fitness and shoes are recommended.

AQUA MIX: Be sure to bring yourself and a lot of energy to a dance party for all ages. Aqua Mix is a total body workout that is recommended for all intensity levels! Aquatic shoes are highly recommended.

AQUA DANCE: This aquatic class will get you dancing with aquatic moves as well to the latest hits on the radio old and new....**YOU WILL HAVE A SPASHING GOOD TIME!!!**

DEEPH20: This class will be held in the DEEP END OF THE POOL for those that need no impact to the joints. This class will be for all fitness levels and belts can be used if you need one.

AQUA ARTHRITIS: Offers LOTS of fun and SHALLOW/DEEP water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special kickboard is used to develop strength, balance and coordination. **5:30PM TUES/THURS CLASS WILL BE HELD IN SHALLOW & DEEP OF THE POOL!!**

Swimming Lessons: American Red Cross Learn-To-Swim® program is taught at various times throughout the year. All levels are taught by certified instructors.

***For additional information on cost, dates, and times, please contact our front desk at 859/936-9355**

***CONTACT KARLA KURTSINGER FOR OTHER GENERAL POOL QUESTIONS AT 859-936-7219.
FOR OTHER SERVICE QUESTIONS PLEASE CONTACT THE FRONT DESK AT 859-936-9355.**

**Aquatic Instructors: Allen Arth, Ginger Arth, Jenny Hollan,
Ann Mosley, Karla Kurtsinger, & Rebecca Springs**