



AQUATIC CLASS DESCRIPTIONS



Aqua Arthritis: Is a non-impact program designed by the Arthritis Foundation to provide warm water exercises for strengthening, range of motion, and flexibility. No swimming skills required. This is a class great for beginner or advanced levels.

Aqua Surprise/Aqua Mix: 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...w interval training 8 sets of 20 sec movement 10 sec of rest. This class is for all levels of fitness and shoes are recommended.

DEEP H2O: Deep H2O is held in the Deep end of the pool but you can do all the class in the shallow end as well. class is for all levels of fitness

Senior Splash: Offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special kickboard is used to develop strength, balance and coordination.

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, Bud Hulick,
Ann Mosley, Karla Kurtsinger, Rebecca Springs**