

Aug. 8 2016 – Nov. 5, 2016 (Subject to change)

Water Aerobics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00AM	Strength & Power <i>Lori</i>	Aqua Power <i>Lori</i>	H2O Force <i>Lori</i>	Aqua Power <i>Lori</i>	Strength & Power <i>Lori</i>	Silver Sneakers Splash® <i>Linda</i>	
12:00PM	Silver Sneakers Splash® <i>Linda</i>	Water Resistance <i>Lori</i>	Silver Sneakers Splash® <i>Linda</i>	Water Resistance <i>Lori</i>	Water Fitness <i>Jo</i>		

Prices

- = Discounted for members \$2, \$8 for non-members
- = Free to Silver Sneaker Members \$2 For all others

10-Visit Punch pass available at front desk

Class Descriptions

SilverSneakers Splash® - Linda Weisberg

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Water Fitness - Jo Burke

The key to fitness is movement and activity. There are four phases in this workout: Overall exercise to warm up the body, water yoga poses to enhance balance, aerobic cardio movement to develop heart fitness, and a cool down with stretching to prevent soreness that will produce a good workout. This program is designed for all individuals and levels of fitness.

H2O Force - Lori Maine

This workout is designed to tone and firm muscles, burn fat and provide an awesome aerobic conditioning program. All of these goals can be accomplished in the same workout. Enjoy an invigorating workout in the buoyant water, nearly gravity free.

Aqua Power - Lori Maine

This is an intermediate class, open only to those who have already done Water Aerobics. Includes interval and circuit training, stepped-up cardio and elements from Water Pilates, Aquatic Tai Chi, Kickboxing and Aquatic Dance.

Strength & Power Water Workout - Lori Maine

A non-stop, incredibly challenging program designed for those who want a high-impact, high-intensity workout. Plyometric and power movements alternate between ultra tough strengthening and aerobics. This class will improve your agility, quickness, speed, strength and coordination. Men and women of all ages welcome!

Water Resistance Workout - Lori Maine

This is the perfect workout for beginners to advanced levels. It is a non-stop, easy to follow, intense water workout that maximizes resistance which will make your body stronger, leaner and visibly slimmer. The workout starts in the lap pool area, then goes into the lazy river and ends back in the lap pool.



Please sign in and pay at the front desk and get a number for each class.

Pool Hours

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Pool Hours	7am-8pm	7am-8pm	7am-8pm	7am-8pm	7am-8pm	8am-5pm	1pm- 4pm
Adult Lap Swim	7am-10:30am 1pm-3pm 5pm-6pm	7am-10:30am 1pm-3pm 5pm-6pm	7am-10:30am 1pm-3pm 5pm-6pm	7am-10:30am 1pm-3pm 5pm-6pm	7am-10:30am 1pm-3pm 5pm-6pm	8am-10:30am	Closed
Adult Exercise Swim (Lap area)	10:30-11am	10:30-11am	10:30-11am	10:30-11am	1pm-3pm	10:30-11am	Closed
Recreational Programing (Patrons over 18 only)	11am-1pm	11am-1pm	11am-1pm	11am-1pm	5pm-6pm	10am-12pm	Closed
Recreation Swim (All patrons welcome)	7am-11am 1pm-8pm	7am-11am 1pm-8pm	7am-11am 1pm-8pm	7am-11am 1pm-8pm	7am-11am 1pm-8pm	8am-10am 12pm-5pm	1pm-4pm

During Recreational Programming hours patrons under 18 are **not** allowed in the pool area unless participating in Recreational Programming (ex. swim lessons).

- Recreation Swim (**Excludes Lap pool during lap swim and exercise hours**)

Monday - Friday: 7am -11am & 1pm-8pm

Saturday: 8am - 10am & 12pm-5pm

Sunday: 1pm - 4pm

- Adult Lap/Exercise Swim

- * The pool is open to all patrons except for the lap lane area of the pool.

- * Lap/Exercise Swim is offered in 30 minute increments and lap swimmers must sign-up at the front desk or call day of to set up a time.

- * Lap/Exercise Swim is reserved for patrons 18 years of age and over.



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