

Adult & Seniors Programming

Arthritis Shallow Water Aquafit Class

Days: Tuesday & Thursday Registration Required

Dates: October 1-October 31 2019

Fee: \$50.00/person

Time: 9:30-10:15 am

Instructor: April



Reduce the stress on painful arthritic joints while improving personal strength and functional mobility with our specialized arthritis program held in the shallow-water depth. Non-swimmers welcome. Pre-registration required - class size limited 10-17 people per session.



Cardio-Kick Aquafit

Days: Tuesday & Thursday Registration Required

Dates: October 1-October 31 2019

Fee: \$50.00/person

Time: 8:40-9:25 am

Instructor: April

Discover the personal advantages of an aquatic workout with the full-body conditioning benefits of Cardio-Kick! While wearing a buoyancy belt and webbed aquatic gloves, participants will travel the full length and width of the pool in this invigorating 45-minute workout focusing on improvements to cardio health, muscular strength and endurance, range-of-motion and flexibility. Participants must be comfortable in all water depths, but needn't be swimmers. Participation by registration only - no drop-ins.

Red Cross Standard First Aid/CPR 'C'

Dates: October 16 & 17 2019

Times: 9:00 - 5:00 pm

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Includes the latest first aid and CPR guidelines.

Fee: \$130.00/person

Discover Scuba Diving is coming

Time Commitment:

1 hour of class room

2 hour in the pool

Swim Ability:

Swim Kids Level 3 ability.

(Swim 25 meters and tread water for 1 minute)

Ages

10 to Adult

Will be required to sign a PAR Q form to say you are medically fit to participate in the program.

[Watch for details](#)

Annual Aquafit Christmas Potluck and Class

Date: Dec 13, 2019

Time: Combo Deep and Shallow Class at 9:15-10:00

Potluck to Follow: 10:00-12:00

Annual Aquafit Potluck to be hosted at the Olds Aquatic Centre Pool and Party Room. Come and join us for a Combo Deep and Shallow Class followed by Coffee/Tea and whatever wonderful treats everyone brings.