

# Adult & Seniors' Programming

## Cardio-Kick Aquafit

**Days:** Tuesdays & Thursdays  
Pre-Registration Required

**Dates:** January 7- February 13, 2020

**Fee:** \$60.00/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

## Arthritis Shallow Water Aquafit Class

**Days:** Tuesday & Thursday Registration Required

**Dates:** January 7- February 13, 2020

**Fee:** \$60.00/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.

## Red Cross Adult/Teen Intermediate

**Days:** Tuesdays & Thursdays

**Dates:** January 7– January 30, 2020

**Time:** 6:15 - 7:00 pm

This class is planned around the goals of the participants. This is an intermediate class for those of you who are comfortable in both shallow and deep water as well as wanting to learn a new stroke or correct and improve their strokes, and/or water safety skills.

**Fee:** \$55.20



## Course Refund Policy

You must give seven (7) days notice prior to course start date to cancel registration for a full refund.

Cancellations less than (7) seven days will need a medical note to receive full refund.

Withdrawal after course start date due to medical issue; a pro-rated credit will be applied to your account.

