

Aqua Aerobics

- Y Deep Water Aerobics Ages: 18+** Non-impact class for all fitness levels performed in deep water. Floatation belts available. AOA Members receive \$2 discount
Meets: Mon & Fri 6:15-7:00 am Fees: \$20 YM \$50 PM
- Y Aqua Arthritis Ages: 18+** This shallow water class is for participants with arthritis, fibromyalgia, or physical injuries. AOA Members receive \$2 discount
Meets: Tues & Thurs 9:00-9:45 am Fees: \$20 YM \$50 PM
- Y 1/2 and 1/2 Ages: 18+** This class utilizes various equipment to tone upper and lower body as well as abs and lower back. AOA Members receive \$2 discount
Meets: Mon, Wed, Fri 4:00-5:00 pm Fees: \$25 YM \$70 PM
- Y Aquafit/Waterworks Ages: 18+** Shallow water class that utilizes a variety of cardiovascular exercises to get your blood pumping. AOA Members receive \$2 discount
Meets: Mon, Wed, Fri 9:00-9:45 am Fees: \$25 YM \$70 PM

Aquatics Aerobic Class Card This card allows you to attend 10 aqua aerobic classes of your choice during a normal session for only \$55

Swim Lessons

- Y Waterbugs Ages: 6 mo.-3 years** Designed to develop water adjustment skills. Great program for parent-child bonding.
Meets: Saturday 9:30-10:00 am Fees: \$20 YM \$45 PM
- Y Pikes/Eels Ages: 3-5 years** Class is structured to teach children lead-up skills, basic swim skills, games, and water safety. Focus is given to social interaction between the child, instructor, and peers.
Meets: Tues & Thurs 4:30-5:00 pm Fees: \$25 YM \$85 PM
Meets: Saturday 10:00-10:30 am Fees: \$20 YM \$45 PM
- Y Polliwog/Guppy Ages: 6+** Designed to teach youth and adults basic strokes and improve stroke technique through all progressions. Fundamentals of water safety, first aid, and CPR will be taught as participants progress toward advanced levels.
Polliwog Meets: Tues & Thurs 5:00-5:30 pm Fees: \$25 YM \$85 PM
Guppy Meets: Tues & Thurs 5:00-5:30 pm Fees: \$25 YM \$85 PM
- Y Masters Swim Program Ages: 16+** Improve your strokes, get in shape or compete with other swimmers who want to be successful...This program is for you!
Meets: Tues & Thurs 6:15-7:15 am Fees: \$35 YM \$50 PM
- Bodies in Water** Here is a swim challenge for you! Destinations to accomplish: Lake Santee, Indy Canal, The Great Salt Lake, Cape Cod Canal, Chesapeake Bay, San Francisco Bay, Bering Strait, Lake Michigan, The English Canal, and The Gulf of Mexico. Look for more information to be posted in the pool area.
Meets: Anytime a lap lane is open! Swim on your own time and track your progress. Fees: \$20 YM \$35 PM