

NEW AQUATICS SCHEDULE

All Classes Held at the Aquatic Center BLDG 3319

Call (817) 782-1220 or e-mail april.j.long@navy.mil for more info

Schedule as of January 6, 2019



Swim Club (Tier I, II, & III) Monday - Thursday at 6am

Structured and coached swim workouts for adults to improve their swimming abilities and stroke technique in a positive group environment. Provides an opportunity to learn all four Olympic strokes while improving your total body fitness. Great for individuals who are looking for a cardio workout without the harsh impact from land activities, for people training for triathlons, and for general cross training. This class will have three different levels (beginner, moderate, and advanced) to accommodate everyone's swimming capabilities.

Aqua Fitness (Tier II, & III) Monday from 12pm-12:30pm

A quick class that will challenge your impression of an aqua class. This class has the intensity and camaraderie of the ultimate bootcamp format with lower impact water movements.

Swim into **SPRING** January 20-March 16

Swim your way to awesome prizes as you get fit for SPRING! GRAND PRIZE for the male and female with the highest total yards swam. Track your progress at the front desk! Prizes: 4000yds- MWR Swim Cap; 10000yds- Water Bottle; 16000yds- MWR Bucks

Water Aerobics (Tier I) Monday & Wednesday at 10:00am

This high/low intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land based cardio workouts.

**ALL CLASSES
FREE!**



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