

NEW AQUATICS SCHEDULE

All Classes Held at the Aquatic Center BLDG 3319

(817) 782-1221 for more info

SCUBA

Coming soon... Follow us on Facebook for more info!

Swim Club (Tier I, II, & III) Tuesday & 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) Wednesday & Friday at 11:30am

The ultimate boot camp that utilizes lower impact water movements to enhance strength, power, and endurance. This class takes land-based movements and transfers them into the water to decrease the impact on joints, provide consistent resistance, and to slow down movements to increase precision. We will be utilizing water bikes, water yoga mats, KB's, and other various equipment.

Summer Shape Up May 7-July 15

Get in summer shape at the pool!! Win awesome prizes by earning for participating in the following FREE classes: Swim Club (3pts), Aqua Fitness (2pts), Water Aerobics (2pts), Lap Swimming (2pts), other events (as advertised)

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!**

Swim Lessons by appointment at additional cost, call to schedule



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