

ADULT AQUATICS



WATER AEROBICS / WATER TONING / STRENGTH TRAINING

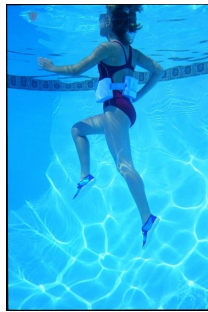
Full body rhythmic exercises conducted in shallow water, designed to provide cardiovascular benefits, followed by upper and lower body moves designed to strengthen, firm and sculpt muscles.

Monday	8:30AM—9:25AM	6:30PM—7:25PM
Wednesday	8:30AM—9:25AM	6:30PM—7:25PM

DEEP WATER EXERCISE

Slow moving or fast paced exercise in water depth where feet do not touch the bottom of the pool. Flotation devices are used.

Tuesday	8:30AM—9:25AM
	5:00PM—5:45PM
Thursday	8:30AM—9:25AM
	4:15PM—5:00PM



FITNESS FOR THE YOUNG AT HEART

A water exercise program for adults young at heart. Stretching, strengthening and aerobic exercises are combined to create a fun activity. No swimming skills are required.

Monday	1:25PM—2:10PM
Wednesday	1:25PM—2:10PM
Friday	1:25PM—2:10PM

HYDROSPIN

Hydro riding is different from our typical Spinning Classes. Hydro riding offers cardiovascular exercise while being immersed in the water. Immersion in the water lowers the body temperature and in turn the heart rate, which allows for longer training, buoyancy and reduced soreness often associated with regular spinning. This class is also easier on those with lower back problems. This 40 minute class can burn between 500-700 calories. Hydro riding will accommodate beginners to pro athletes. Classes will be based on a first-come, first-serve basis. Must have water shoes to attend. This class is free and only available to Tri-Valley Y Members.



Tuesday/Thursday	5:45AM—6:30AM
	6:00PM—6:45PM
Thursday	7:30AM—8:15AM

PRE / POST SURGERY / THERAPEUTIC

Designed for people recovering from accidents and sickness, neck and back patients, people with orthopedic injuries, athletic injuries, musculoskeletal problems and diabetes.

Monday	10:00AM—10:55AM
Wednesday	10:00AM—10:55AM



AQUAZUMBA

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! This class is for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. The benefits of Aqua Zumba® include less impact on your joints, natural resistance with water and an increase in toning.



Friday	8:30AM—9:30AM
--------	---------------

LAP SWIM

Open to patrons capable of swimming continuous laps. The pool is divided into fast, medium and slow lanes. Four or more swimmers must swim in a counter clockwise circle. Please note, one lane may be reserved for private swim lessons at any time. Specific lap swim times are available on our pool schedule.

PRIVATE SWIM LESSONS

One-on-one swim lessons for adults or children. Contact the Aquatics Program Leader for additional information or to schedule an appointment. Lessons are scheduled by appointment.

Pay Per 1/2 Hour Session	
Members	\$22
Non-Members	\$48

Punch Card (buy 6 and get 1 FREE)	
Members	\$127
Non-Members	\$286



ADULT SWIM TRAINING

Interested in competitive swim training or triathlon pre-season training? Take your stroke to the next level with our experienced instructor and swim team coach! This class will give you high intensity interval training in the pool to help refine your stroke, build endurance and strength. Whether you are training for a triathlon, or just want to improve your ability, everyone will benefit from the expertise of our swimming instruction. Let us help you break barriers and reach your goals in the water! This program is for participants ages 18+.

Required Attire: Swim Cap, Goggles
Recommended Attire: Short Swim Fins

Registration Runs: February 12th - 25th
No Registrations after March 1st

Thursday	6:30PM—7:30PM
Members:	\$53 for 7 weeks of classes
Non-Members:	\$80 for 7 weeks of classes

