

AQUATICS

Aqua Exercise Classes For Adults

Gain the benefits of aerobics with the conditioning, toning and non-impact benefits of the water. Choose our STRETCH & FLEX class for a lower intensity workout or I WANT RESULTS for a high intensity class.

I WANT RESULTS: High Intensity (Adults)

This cardiovascular workout will give you results without the stress on your joints. Aqua-belts keep you afloat while you exercise in the deep water. This is an intense cardiovascular workout, but strength training is incorporated with a mixture of noodles and dumbbells in the shallow end of the pool. Non-swimmers can modify the workout for shallow water. Equipment is provided at the pool. No class 10/8, 11/26.

Activity #135110A \$76/Res; \$114/Non-Res
9/29 - 12/8 Tue/Thu 7-8 pm Southside (Hill)



STRETCH & FLEX: Low Intensity (Adults)

This class targets adults who want to work their muscles and joints in a relaxing, non-impact workout. No class 10/8, 11/26.

Activity# 135120F \$72/Res; \$108/Non-Res
9/29 - 12/3 Tue/Thu 10:30-11:15 am Southside (Hill)

AQUA EXERCISE PUNCH CARD

Attend any aquatic exercise class at your convenience with your punch card. 6 punches with no expiration.

135110PC \$39/6 punches/Res; \$58/6 punches/Non-Res

Why sign up for Aqua Exercise?

Water based exercise provides a comfortable workout for the body. 90% of a person's body weight is lost when in shoulder deep water and as a result less joint stress is put on the body. In addition to feeling weightless, it can prevent or correct muscular imbalance because the water applies equal tension to the body. Studies have shown that a person who walks on land for 30 minutes uses 135 calories, while walking in deep water for the same amount of time 264 calories are used due to the resistance produced by the water. Take advantage of all the wonderful benefits the water can provide and sign up for a Lansing Parks and Recreation Aqua Exercise class.

ADAPTED AQUATICS: See page 26

Did you know? Our swim lessons are taught by certified Water Safety Instructors (WSI) who have successfully completed an intensive American Red Cross WSI training program. What does this mean to you? You are being taught by a qualified instructor who has been specifically trained to teach the mechanics of swimming, stroke development and water safety.

Open & Lap Swimming

September 28 – December 8, 2009

No swimming 10/8, 10/21, 11/20, 11/25, 11/26 & 11/27

SOUTHSIDE COMMUNITY CENTER – HILL POOL

Monday	(ends 12/7)	4:30-7:30 pm	Open/Lap
Tuesday	(ends 12/8)	4:30-5:30 pm	Open/Lap
	(ends 12/3)	11:30 am-1:00 pm	Open/Lap
Wednesday	(ends 12/2)	4:30-5:30 pm	Open/Lap
		6:00-7:50 pm	Lap only
		7:50-8:45 pm	Open/Lap
Thursday	(ends 12/3)	11:30 am-1:00 pm	Open/Lap
		4:30-5:30 pm	Open/Lap
Friday	(ends 12/4)	4:30-5:30 pm	Open/Lap
		7:45-8:45 pm	Open/Lap
Saturday	(ends 11/21)	12:00-1:00 pm	Open/Lap

Bring the family to this affordable activity close to home! Children under age 12 must be accompanied by an adult. Toddlers and infants must wear a swim diaper or rubber pants with snug fitting legs. A lane will be reserved for lap swim upon request. \$2 per person or max. \$10 per immediate family at the door. Please bring correct change. Call 483-6685, 483-4292 or 483-4290 for updates or cancellations. Open and Lap swimming times are subject to change based on interest and participation.



Holiday Swims

at Southside Community Center – Hill Pool

Open swimming with a holiday twist! Join us for a festive time at the pool. Normal fees and rules will apply.

Halloween Swim	Sat, Oct. 31	12 – 1 pm
Turkey Swim	Sat, Nov. 21	12 – 1 pm
Swim with Santa	Fri, Dec. 11	7:45 – 8:45 pm