



# AQUATICS

## Aqua Exercise Classes For Adults

Gain the benefits of aerobics with the conditioning, toning and non-impact benefits of the water.

### I WANT RESULTS: Medium-High Intensity (Adults)

This deep water cardiovascular workout utilizes aqua-belts to keep you afloat and get results without stress on your joints. The class is mostly cardio, but strength training is included with a mixture of noodles and dumbbells in the deep end of the pool. Non-swimmers can participate in the shallow end of the pool with a modified workout. Equipment is provided at the pool. 16 classes.

Activity #335110A \$64/Res; \$96/Non-Res  
4/13-6/3 Tue & Thu 7-8 pm Southside (Hill)

Activity #435110E \$64/Res; \$96/Non-Res  
6/22-8/12 Tue & Thu 7:15-8:15 pm Southside (Hill)

#### Mini Session (10 classes)

Activity #435110F \$40/Res; \$60/Non-Res  
8/24-9/23 Tue & Thu 7-8 pm Southside (Hill)

### STRETCH & FLEX Low Intensity (Adults)

End the work week with a relaxing, non-impact workout. This class targets adults who want to work their muscles and joints in a lower intensity setting. 8 classes.

Activity #335120F \$32/Res; \$48/Non-Res  
4/13-6/1 Tue 1-1:45 pm Southside (Hill)

### CARDIO CIRCUIT High Intensity (Adults)

Join us for an intense cardiovascular workout! Start with a 5 minute warm-up, 35 minutes of hard cardio and end with 5 minutes of cool down. Non-swimmers can participate in the shallow end of the pool with a modified workout. Equipment provided at the pool. 6 classes.

Activity #335130E \$24/Res; \$36/Non-Res  
4/17-5/22 Sat 11-11:45 am Southside (Hill)

### AQUA EXERCISE PUNCH CARD

Attend any Lansing Parks and Recreation aquatic exercise class with your punch card. Each card is good for 6 punches with no expiration. Great for those with changing schedules.

Activity #335110PC (Spring) \$39/Res; \$58/Non-Res  
Activity #435110PC (Summer) \$39/Res; \$58/Non-Res

### TEEN/ADULT BEGINNING LEARN-TO-SWIM

For teens and adults ages 15 and up who have never learned to swim. This class is for beginners with very little or no swimming knowledge. Learn basic water skills such as breath control, floating and alternating arms and legs, both on your front and back. The class will take place in the shallow end of the pool and emphasize water comfort and safety. 8 classes. Call 483-4292 to register.

Teen (15-17) Southside (Hill) \$32/Res; \$37/Non-Res

Adult (18 & up) Southside (Hill) \$32/Res; \$48/Non-Res

### TEEN/ADULT INTERMEDIATE LEARN-TO-SWIM

For teens and adults ages 15 and up who have some basic swimming

knowledge but would like an opportunity to learn new strokes or to improve their technique. Learn basics of the four competitive strokes (front crawl, back crawl, breaststroke and butterfly) and two recreational strokes (sidestroke and elementary backstroke), as well as other skills such as diving, treading water, and retrieving objects off of the bottom of the pool. This class will take place in both the shallow and deep ends of the pool. 8 classes. Call 483-4292 to register.

Teen (15-17) Southside (Hill) \$32/Res; \$37/Non-Res

Adult (18 & up) Southside (Hill) \$32/Res; \$48/Non-Res

## Parent/Child Classes:

**BOBBIN BABES (Ages 6 Months - 2 Years)**

**TINY TOTS (Age 2 - 5 Years)**

**BABES & TOTS (Ages 1 - 5 Years)**

Water adjustment for a parent and child with an emphasis on fun, safety and gaining confidence and comfort in the water. The instructor will guide you with songs, games and activities in the water. One adult must accompany each child in the pool. Child must be toilet trained or wear a swim diaper with snug fitting legs.

## Swim Lessons

**PRESCHOOL (Ages 3 - 6)**

Experience advanced water adjustment activities, propulsive swimming movements, floating, safety and swimming skills in preparation for Level 1.

**LEVEL 1: EXPLORERS (Ages 5+)**

Continue with advanced water adjustment, introduction to floating and alternating arms. Level 1 creates a sound foundation for aquatic and safety skills.

**LEVEL 2: STARFISH**

Expand fundamental aquatic locomotion, unsupported floating, gliding, rhythmic breathing, combined skills, safety and rescue skills.

**LEVEL 3: GOLDFISH**

Increase swimming skills, introduction to the butterfly, build on locomotion, safety and rescue skills, deep water adjustment, diving, treading water.

**LEVEL 4: DOLPHINS**

Develop confidence and competency in strokes and safety skills beyond preceding levels. Breath control, swimming endurance, rescue breathing, introduction to breaststroke, sidestroke, elementary backstroke and turning at the wall.

**LEVEL 5: SHARKS**

Continued work on all strokes and safety. Introduction to flip turns on the front and back.

**LEVEL 6: STINGRAYS**

Refine strokes for ease, efficiency, power and smoothness over greater distances.

## 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 uses 264 calories, 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.