

Aquatic Fitness Schedule

SEAPARC Aqua Fit Schedule September 5 - December 18, 2011 *Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Shallow Water Fit 9:00 - 10:00am Now 5 days a week!				
Water Works 10:00 - 10:50am	Everyone Aquasize 10:00 - 11:00am *Registered Program	Water Works 10:00 - 10:50am	Everyone Aquasize 10:00 - 11:00am *Registered Program	Water Works 10:00 - 10:50am
*** Please note that Everyone Aquasize is now a registered program.				
Deep Water Fit Monday - Friday 11:00 - 12:00pm Tuesdays and Thursdays have childminding option. See Water Playland.				
Aqua Fit Mix 7:30 - 8:30pm	Aqua Fit Mix 7:30 - 8:30pm	Aqua Fit Mix 7:30 - 8:30pm	Aqua Fit Bootcamp 7:30 - 8:30pm	
Swim Fit 8:00 - 9:00pm	Swim Fit 7:30 - 8:30pm Tri Fit 8:30 - 9:30pm *Registered Programs	Swim Fit 8:00 - 9:00pm		

Childminding option available during Aqua Fit. Please put your name on interest list at Reception.

SEAPARC reserves the right to cancel a drop-in program with notice if participation numbers are low.
No classes on Statutory Holidays Oct. 10 & Nov. 11

Shallow Water Fit: Increase cardiovascular fitness, flexibility, muscle tone and strength, all without even getting your hair wet! You'll walk away feeling relaxed and refreshed. Suitable for all swimming abilities.

Water Works: Light, low-impact exercises help increase mobility, dexterity, and fitness. Suitable for individuals with arthritis, osteoporosis, and fibromyalgia or recovering from surgery.

Aqua Fit Mix: A combo class in shallow and deep water for cardio, strength, endurance, and stretch. This high-intensity, low-impact aqua fit class will get your heart rate up and help you drop pounds! Are you ready for a challenge?

Deep Water Fit: Specialized exercises to raise cardio endurance levels while improving strength, flexibility, and muscle tone in deep water with zero impact!

Swim Fit: This class is designed as a training program with a skilled swim coach to provide assistance with swim strokes and to help increase endurance in the water. Whether you are participating for the fitness benefits or you are training for a Masters swim meet or triathlon, this is the class for you.

Aqua Fit Bootcamp: Hup, 2,3, 4 Hup! This fast-moving, high intensity water fit class will have you sweating in no time. Come on in and challenge yourself with a variety of activities. This class will focus on strengthening and conditioning.

Everyone Aquasize - Registered Program: This class is for improving coordination, flexibility, and strength combined with a cardio session. All ages and abilities welcome.

Swim Fit Beginners - Registered Program: Swim for one hour with a coach who will teach you how to swim and correct your strokes. You will be amazed how quickly your stroke will improve and you will be swimming longer workouts in no time. This program will get you ready to join Swim Fit or Tri Fit for the next season.

Tri Fit (Swimming Component) - Registered Program: This once a week session will focus on developing the skills needed to compete in triathlons and provide you with ideas about training. The class will focus on distance, technique and pack swimming.