



AQUATIC SCHEDULE

Current as of 05/04/2018

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Early Birds *Level 3*

<u>Monday</u> 6:00AM	<u>Wednesday</u> 6:00AM	<u>Friday</u> 6:00AM
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Aqua Burn (with Music) *Level 3/4*

<u>Monday</u> 7:00AM	<u>Wednesday</u> 7:00AM	<u>Friday</u> 7:00AM
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Aqua Fit (no Music) *Level 3/4*

<u>Monday</u> 9:00AM	<u>Wednesday</u> 9:00AM	<u>Saturday</u> 8:15AM
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Aquacise *Level 2*

<u>Monday</u> 10:00AM	<u>Wednesday</u> 10:00AM
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Fluid Motion *Level 1*

<u>Monday</u> 11:00AM	<u>Wednesday</u> 11:00AM
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Open Swim is allowed during class times. Class participation is encouraged and Instructor does have control over pool. If you wish to exercise in the pool during this time while not participating in class, please note that the class normally begins in the deep end on the hour and completes program in the shallow end on the half hour. Due to class size you may be asked to switch your work out to a different area of the pool.

Thank you for your understanding.

Adult Swim *AGES 14 AND OVER*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:30AM-1:00	5:30AM-8:00	5:30AM-1:00	5:30AM-8:00	5:30AM-10:00	8:00AM-9:00	
7:00PM-7:30	12:00-2:00 4:00PM-7:30	7:00PM-7:30	12:00-2:00 4:00PM-7:30	5:00PM-6:00		

Adult & Family Swim

<u>Friday</u> 6:00PM-7:30	<u>Saturday</u> 9:00-2:00	<u>Sunday</u> 12:30-4:30
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Swimming Lessons (Register With Front Desk)

<u>Saturday</u> TBD

PHYSICAL THERAPY ONLY *NO FREE SWIM*

<u>Monday</u> 1:00PM-7:00	<u>Tuesday</u> 8:00AM-12:00 2:00PM-4:00	<u>Wednesday</u> 1:00PM-7:00	<u>Thursday</u> 8:00AM-12:00 2:00PM-4:00	<u>Friday</u> 10:00AM-5:00
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If a class does not have 5 or more participants for a 6 week period, the class will be cancelled.



CLASS DESCRIPTIONS

Fluid Motion (AQUA 1)—These classes are for participants of any fitness level, it is designed to improve strength, endurance, flexibility, balance, core strengthening, daily function and joint range of motion, as well as to decrease pain. Participants do not have to be able to swim to participate in the class. Flotation equipment will be provided. An excellent class for older adults, post therapy and beginners. This class will be adapted for participants to work in either deep or shallow water.

Aquacise (AQUA 2)—This class consists of cardiovascular fitness, muscle tone, endurance and flexibility without the stress of a traditional land exercise. Deep and shallow-water movement focusing on conditioning, strength, endurance, core and stretch components. Aquatic equipment is used to improve strength, balance and coordination. You'll enjoy increased flexibility and range of motion and obtain a total body workout. Participants are encouraged to work within their own range of motion and abilities..

Aqua Fit (AQUA 3/4)—This program uses the buoyant qualities of water to enhance physical fitness through exercises. It is a medium-impact water class designed to provide cardiovascular conditioning, improved muscle tone, core strength and improved balance. It is a total body workout without the stress of land-based exercise. We will incorporate aquatic equipment to improve strength, balance, and coordination. Flotation equipment available for non-swimmers.

Aqua Burn - Music (AQUA 3/4)—This program uses the buoyant qualities of water to enhance physical fitness through exercises. It is a high impact, high intensity water class designed to provide cardiovascular conditioning, improved muscle tone, core strength and improved balance. It is a total body workout without the stress of land-based exercise. We will incorporate aquatic equipment to improve strength, balance, and coordination. Flotation equipment available for non-swimmers.

Aqua Fit Core (AQUA 4)—Aqua Fit Core is a medium-to-high intensity water class designed to provide cardiovascular conditioning, improved muscle tone and improve balance all with a focus on core strength. It is a total body workout without the stress of land-based exercise. We will incorporate aquatic equipment to improve strength, balance, coordination and core strength. Flotation equipment available for non-swimmers.

ADULT SWIM—Pool is available for members to do water walking, independent swim & exercise programs only. NO LAP SWIMMING. MUST BE OVER AGE 14.

ADULT & FAMILY SWIM—Children may come, accompanied by an adult, and enjoy the pool during this specified time. Swim lessons may be going on during this time so please respect the participants and instructors.

SWIM LESSONS—Swim lessons are offered for children and adults throughout the year. Please inquire at the aquatic desk for more information and pricing.

·Please note that open swim is not allowed during our class times.

·If a class does not have 5 or more participants for a 6 week period, the class will be cancelled.

23 Turtle Creek Drive ~ Asheville, NC 28803 ~ 828.274.2188 ~ 828.274.7843 ~ www.southeasternfitness.com

****Helpful Information:** Wear appropriate clothing. As a courtesy to others, please follow common-sense hygiene and forego scented perfumes, lotions, etc prior to class/ workouts.

Feel free to discuss your special needs with our qualified instructors who will gladly guide you toward the appropriate class level.**

Monday - Friday: Pool Closes @ 7:30PM
Building Closes @ 8:00PM

Saturday: Pool Closes @ 2:00PM
Building Closes @ 2:30PM

Sunday: Pool Closes @ 4:30PM
Building Closes @ 5:00PM

