

WATER FITNESS

AQUA THEREX

This low impact, total body conditioning program targets beginners and those desiring arthritic therapy or a gentle place to start post physical therapy. The class utilizes specially designed buoyancy and resistance equipment to provide a combination of aerobic, strengthening and stretching exercises.

F.A.S.T. DAC SWIM

F.A.S.T DAC Swim is a coached masters swim workout designed to improve all aspects of conditioning and stroke technique for lap swimmers, triathletes and competitive swimmers. All four lanes will offer different speeds and intervals. Pace work, threshold training and stroke work are regularly utilized. This adult swim team, also known as the Aquaducks, travels to competitions for open water and pool races. Learn more about the Aquaducks [here](#).

HYDRO-FIT

This dynamic deep-water workout provides the ideal environment to develop and maintain functional health. The class focuses on strength and cardiovascular conditioning using specially designed buoyancy and resistance equipment.

WATER WORKS

A moderately paced deep-water workout set to music and incorporating specially designed buoyancy and resistance equipment provides strength, balance and cardiovascular exercise. The focus is on whole body conditioning with progressive muscular and cardiovascular workouts to build strength and stamina.

SWIM 101

Developed for older teens and adults, our program gives adult swimmers at every level the opportunity to improve their skills in a safe environment – and under the guidance of a trained instructor.

SHALLOW DEEP CARDIO

This high energy class utilizes both the shallow and deep areas of the fitness pool. Fun, simple, add-on choreography and interval training stir the excitement while keeping the heart rate up. This class is reminiscent of good old step and aerobics classes, but with the power of water.