

POOL SERVICES	DESCRIPTION
INSTRUCTOR - LED FITNESS CLASSES	
Water Walking Low-Impact Fitness	Water Walking is gentle exercise for stressed bodies. Exercise for improving flexibility, balance and stability. Ideal for people with joint issues, those battling obesity, or anyone looking for a way to get fit.
Deep H2O No-Impact Fitness	Focus on your vertical alignment and core in the deep end. With the assistance of a flotation belt, strengthen your muscles, build endurance, improve balance and posture. Take your fitness to the next level in a no-impact setting.
Aqua Power Low-Impact Fitness	Get your body moving in a low impact environment by utilizing the shallow end of the pool. These workouts build, flexibility, cardio endurance, and core strength with a variety of moves and techniques.
Power Lunch Low/Moderate Fitness	Power Lunch Fitness class gets your body moving on the pool deck AND in the water! Use a variety of on-deck exercises to improve flexibility and strength in combination with water exercises to get your heart rate up for cardio and endurance.
SELF - LED ACTIVITIES	
Open Swim Recreation for all ages	Deep and shallow space available for any and all activities. 2 lap lanes available for those who wish to swim laps. All ages are welcome.
Lap Swim Cardio-training for strength and fitness	4 varying speed lap lanes available in the shallow end. Swim side by side or circle swim.
Therapy Swim No or Low-Impact Movement	Slower and quieter pool time for those who are getting back into the water for fitness and wellness. Deep and shallow space available. 2 lap lanes available for those who wish to swim laps.
YOUTH ACTIVITIES	
Water Babies Introduction to Basic Water Skills	This instructor-led parent/child class works on the basic skills of water safety with toys, games and songs. Get in the water with your child to build their confidence and comfort in an aquatic atmosphere.
Swimming Lessons Swimming Technique and Water Safety	Our instructors will teach your child the technique and skills needed for water safety and effective swimming. Lessons for every skill and availability from beginners to competitive swimmers.
REDfins Swim Club Youth Recreation	Year-round Competitive Youth Swim Club. For those who have passed level 4 swimming lessons or who have the equivalent in skills. Regular meets and mock meets.
Private Swimming Lessons	Practice skills one on one with a Swim Instructor. Beginner and advanced swimmers welcome.
Private Coaching Sessions	Focus on aquatic or deck fitness with a Certified Personal Trainer or Aquatic Exercise Association Certified Instructor.