

Benefits of Water Exercise

Increase strength, flexibility, energy, range of motion, muscle tone, circulation, endurance, balance, coordination and self-esteem.

Decrease stress, blood pressure, tension, weight gain, body fat, impact on joints and risk of injury.

Enhance well-being, sleeping patterns, recovery time from injuries.

The water offers continual resistance to every move you make and provides an additional 12 - 14% more resistance than when you exercise on land.



PARKS, RECREATION
AND CULTURAL
RESOURCES

Water Exercise Class Pass

Water exercise passes can be purchased at any pool. No preregistration is required. This pass allows you to attend any 8 water exercise classes within 1 year.

Prices for an 8 class pass:

Raleigh Resident

Adult \$40 Senior \$32

Non-Raleigh Resident

Adult \$52 Senior \$44

Want to try one class?

*Single classes can be
purchased at the pool*

\$8 Adult resident \$9 Adult Non-res
\$6 Senior Resident \$7 Senior Non-res

Classes subject to change.
Visit raleighnc.gov/aquatics for
up to date information.



Water Exercise Classes January—April 2022



Pool Locations for Classes

Millbrook Aquatic Center

1905 Spring Forest Drive,
Raleigh, NC 27615
919-996-4130

Optimist Aquatic Center

5902 Whittier Drive,
Raleigh, NC 27609
919-996-2791

Pullen Aquatic Center

410 Ashe Avenue,
Raleigh, NC 27604

Aquatics Program
919-996-6852
email: aquatics@raleighnc.gov
information: parks.raleighnc.gov/aquatics

Class Descriptions & Intensity Levels

Shallow Water Classes

Ai-Chi/Aqua Moves (Level 1-2)

Exercises focusing to build strength, encourage flexibility, and improve balance and gait. Aii-Chi is a combination of deep breathing and slow broad movements using nineteen postures balancing the whole body, invite awareness, relaxation and tranquility.

Advanced Pool-Pilates (Level 1-2) A more advance version of the intro class with more intense level of exercises for flexibility and control of the body.

Intro Pool-Pilates (Level 1-2) This non-impact exercise routine improves flexibility, builds strength and develops control and endurance. Alignment, breathing, developing a strong core, and improving coordination and balance is the emphasis.

Hydro-fusion (Level 2-4)

This class offers a variety of continuous exercises to gain muscular strength, coordination, and cardiovascular endurance.

Join-t Class (Level 1-2)

This class is designed for people with arthritis, fibromyalgia or other conditions that would benefit from range of motion exercises.

Range of Motion+ (Level 1-2)

The focus of this class is on all muscle groups and joints of the body with a target of strengthening and lengthening .

Water Walking (Level 1-2) Class includes range of motion, long movements and basic cardiovascular workout.

Water Walking Plus (Level 3)

Class involves faster exercises and combination movements for the advanced water walker.

Deep Water Classes (Exercise belts provided)

Intervals (Level 3-4)

Combination of high and low intensity exercises.

Power Hour (Level 4-5)

Quick, continuous and powerful aerobic movements for the overall body workout with no impact for the advanced exerciser

Intensity Scale for all classes

<u>Level 1 - 2</u>	Low intensity
<u>Level 3</u>	Moderate intensity
<u>Level 4 - 5</u>	High intensity

Class Schedule

Millbrook Aquatic Center*

Deep Water

T/Th	6—7 p.m.	Power Hour
Sat	8—9 a.m.	Power Hour

Optimist Aquatic Center*

Shallow water

M/W/F	9—10 a.m.	Water Walking Plus
M/W/F	10—11 a.m.	Hydro-fusion
T/Th	9—10 a.m.	Hydro-fusion

Deep Water

M/W/F	11 a.m.—12 p.m.	Intervals
*Closed 1/17 MLK and 4/17 Good Friday		

Pullen Aquatic Center

Deep Water

M/W/F	8:30—9:30 a.m.	Intervals
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Shallow Water-Therapy Pool

M/W/F	9:45—10:45 a.m.	Join-T
T/TH	8—9 a.m.	Ai-Chi/Aqua Moves
T/Th	11 a.m.—12 p.m.	Intro Pool Pilates

Shallow Water-Main Pool

T/TH	9—10 a.m.	Range of Motion+*
T/Th	10—11 a.m.	Adv. Pool Pilates

*Closed 1/17 MLK and 4/17 Good Friday

*Closed 2/10-11 for Dive meet