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.

Water Exercise Class Pass

Water exercise passes can be purchased at all aquatic facilities. No preregistration is required. One 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

Drop in:$8 Adult Resident  $9 Adult Non-Res
$6 Senior Resident  $7 Senior Non-Res

Class Locations

Millbrook Pool
1905 Spring Forest Drive, Raleigh 27615
919-996-4130

Optimist Pool
5902 Whittier Drive, Raleigh 27609
919-996-2791

Pullen Aquatic Center
410 Ashe Avenue, Raleigh 27604
919-996-6216

Aquatics Program
919-996-6852
aquatics@raleighnc.gov
parks.raleighnc.gov/aquatics
Class Descriptions & Intensity Levels

Intensity Scale
Level 1-2  Low intensity  Level 3  Moderate intensity  Level 4-5  High intensity

Shallow Water Classes

NEW Aqua-Blast
This class focuses on posture and movement pattern awareness in a dynamic and energizing way and is a blast!

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.

Hydro-fusion (Level 2-4)
This class offers a variety of continuous exercises to gain muscular strength, coordination, and cardiovascular endurance.

Pool-Pilates (Level 1-2) (Warm Water Pool) This non-impact exercise routine improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

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

Water Walking Plus (Level 3) Class involves faster movements with exercises and combination movements than those in the water walking classes for the more advanced water walker.

Deep Water Classes  - (Exercise belts provided)

Intervals (Level 3-4) Combination of high and low intensity exercises. New class on Tuesdays and Thursdays at 11:00 am at Pullen Aquatic Center

Power Hour (Level 4-5) Quick, continuous and powerful movements with no impact for the advanced exerciser.

Classes subject to change. Visit parks.raleighnc.gov, keyword search Raleighaqua for updated information.

Class Schedule

Millbrook Exchange Pool
Shallow Water
M/W/F  9-10am  Water Walking

Deep Water
T/TH  6-7pm  Power Hour
Sat  8-9am  Power Hour

Optimist Pool
Shallow Water
M/W/F  9-10am  Water Walking Plus
M/W/F  10-11am  Hydro-fusion
T/TH  9-10am  Hydro-fusion

Deep Water
M/W/F  11:00 am–12 Intervals
T/TH  8-9:00 am Intervals

Pullen Aquatic Center
Deep Water
M & F  8:30-9:30 am  Intervals
T/TH NEW!  11:00am-12:00pm  Power Hour

Shallow Water
M & F  9:45-10:45am  Join-T
T/TH  10:00-11:00am  Pool–Pilates
T/TH NEW!  12:00 –1:00 pm  Aqua Blast

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