



Raleigh Aquatics – May–August 2022

Water Exercise Classes



**Raleigh
Parks**

Benefits of Water Exercise

- INCREASE strength, flexibility, energy, range of motion, muscle tone, circulation, endurance, balance, and confidence.
- DECREASE stress, blood pressure, tension, weight gain, body fat, impact on joints, and risk of injury.
- ENHANCE overall well-being, sleeping patterns, and the recovery process following injuries.
- STRENGTHEN muscles - water exercise provides 12-14 percent more resistance than exercise on land.

Class Descriptions and Intensity Levels

Intensity Scale

Low (level 1-2), Moderate (level 3), High (level 4-5)

Shallow Water Classes

Join-t Class (Level 1-2): Designed for those with arthritis, fibromyalgia, or other conditions that require range of motion

Intro to Pool-Pilates (Level 1-2): Non-impact exercise routine that focuses on alignment, breathing, core strength, and balance

Advanced Pool-Pilates (Level 1-2): Higher intensity version of the intro class focusing on flexibility and muscle control

Range of Motion+ (Level 1-2): Target all muscle groups and the joints to strengthen and lengthen

Water Walking (Level 1-2): Range of motion work, long movements, and a basic cardiovascular workout

Hydro-Fusion (Level 2-4): Continuous exercises to increase strength, coordination, and endurance

Water Walking Plus (Level 3): Faster exercises and combination movements for the advanced water walker

Deep Water Classes (Exercise Belts Provided)

Intervals (Level 3-4): Combination of high-intensity and low-intensity exercises for a fat-burning workout

Power Hour (Level 4-5): Quick, continuous and powerful aerobic movements for a full body workout



Schedule and Locations

Millbrook Pool - 1905 Spring Forest Drive - 919-996-4130

Tuesdays/Thursdays: Power Hour from 6 p.m.-7 p.m.

Saturdays: Power Hour from 8 a.m.-9 a.m.

Optimist Pool - 5902 Whittier Drive - 919-996-2790

Mondays/Wednesdays/Fridays (No Classes July 4)

- Water Walking+: 9 a.m.-10 a.m.
- Hydro-Fusion: 10 a.m.-11 a.m.
- Intervals: 11 a.m.-12 p.m.

Tuesdays/Thursdays: Hydro-Fusion from 9 a.m.-10 a.m.

Pullen Aquatic Center - 410 Ashe Avenue - 919-996-6197

Mondays/Wednesdays/Fridays (No Classes July 4)

- Intervals: 8:30 a.m.-9:30 a.m.
- Join-T: 9:45 a.m.-10:45 a.m. (Therapy Pool)

Tuesdays

- Advanced Pool Pilates: 10 a.m.-11 a.m. (Main Pool)
- Intro to Pool Pilates: 11 a.m.-12 p.m. (Therapy Pool)



Passes and Pricing

Class passes can be purchased at any pool. No pre-registration is required. The eight class pass allows you to attend any eight classes within one year. All classes are subject to change.

Eight Class Pass

Residents: Adults \$40/Seniors \$32

Non-Residents: Adults \$52/Seniors \$44

Single Class Pass

Residents: Adults \$8/Seniors \$6

Non-Residents: Adults \$9/Seniors \$7

Raleigh Aquatics

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raleighnc.gov/parks



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