

# 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

## Pool Closures

**All Aquatic Centers**

April 10, 2020

Classes subject to change.  
Visit [raleighnc.gov/aquatics](http://raleighnc.gov/aquatics) for  
up to date information.



## Water Exercise Classes January—April 2020



### Pool Locations for Classes

#### Millbrook Pool

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

#### Optimist Pool

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

#### Pullen Aquatic Center

410 Ashe Avenue,  
Raleigh, NC 27604  
919-996-6216

Aquatics Program  
919-996-6852  
email: [aquatics@raleighnc.gov](mailto:aquatics@raleighnc.gov)  
information: [parks.raleighnc.gov/aquatics](http://parks.raleighnc.gov/aquatics)

# Class Descriptions & Intensity Levels

## Shallow Water Classes

### 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 cardio-vascular 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 movements

*with no impact for the advanced exerciser*



### Intensity Scale

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

## Class Schedule

### Millbrook Exchange Pool

#### 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

### Pullen Aquatic center\*\*

#### Deep Water

M/W/F	8:30-9:30am	Intervals
-------	-------------	-----------

#### Shallow Water

M/W/F	9:45-1:45am	Join-T
T/Th	10-11am	Pool Pilates
T/Th	<b>NEW!</b>	

11am-12pm Water Walking

**\*This class starts February 4, 2020**