Water Exercise Classes
November–December 2021

Pool Locations for Classes

Millbrook Aquatic Center
1905 Spring Forest Dr.
Raleigh, NC 27615
919-996-4130

Optimist Aquatic Center
5902 Whittier Dr.
Raleigh, NC 27609
919-996-2791

Pullen Aquatic Center
410 Ashe Ave.
Raleigh, NC 27604
919-996-6216

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

Water Exercise Class Pass

Water exercise passes can be purchased at any pool. No pre-registration 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

Price for single class:

Raleigh Resident
Adult $8  Senior $6

Non-Raleigh Resident
Adult $9  Senior $7

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 exercise on land.

Classes subject to change. Visit raleighnc.gov/aquatics for up to date information.
Class Descriptions & Intensity Levels

Shallow Water Classes

**Ai-Chi/Aqua Moves (Level 1–2)**
Exercises focus on building strength, encouraging flexibility, and improving balance and gait. Ai-Chi is a combination of deep breathing and slow broad movements using nineteen postures balancing the whole body, inviting awareness, relaxation, and tranquility.

**Advanced Pool-Pilates (Level 1–2)** A more advanced 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 are 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.

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.

**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.

Class Schedule

**Millbrook Aquatic Center**
**Deep Water**
T/Th 6–7 p.m.  Power Hour
Sat. 8–9 a.m.  Power Hour
*There will be no classes 12/28–1/1/2022.

**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.–2 p.m.  Intervals
*There will be no classes on 12/27.

**Pullen Aquatic Center**
**Deep Water**
M/W/F 8:30 - 9:30 a.m.  Intervals
**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
*There will be no classes on 12/27–12/31.

All pools will be closed on 12/24–25. All pools will close at 12 p.m. on 12/31 and open at 12 p.m. on 1/1/2022.

Intensity Scale for all classes

- **Level 1–2**: Low intensity
- **Level 3**: Moderate intensity
- **Level 4–5**: High intensity