

# 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.



PARKS, RECREATION  
AND CULTURAL  
RESOURCES

# 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

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



## 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](mailto:aquatics@raleighnc.gov)  
information: [parks.raleighnc.gov/aquatics](http://parks.raleighnc.gov/aquatics)

# 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, 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 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.

**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 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

**\*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.**