

# 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-resident

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



## Water Exercise Classes September - October 2021



### Pool Locations for Classes

**Millbrook Aquatic Center**  
1905 Spring Forest Drive,  
Raleigh, NC 27615  
919-996-4130

**Optimist Aquatic Center**  
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)

## Shallow Water Classes

### **Ai-Chi/Aqua Moves (Level 1-2)**

Exercises focusing to build strength, encourage flexibility, and improve balance and gait. Aii-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 is 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.

## Class Descriptions & Intensity Levels

### **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	6-7pm	Power Hour
Sat	8-9am	Power Hour

\*MAC Closed 8/2-9/13-Classes held @ Optimist

### **Optimist Aquatic Center\***

#### 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	11am-12pm	Intervals
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\*OAC closed 9/12-10/3-Classes are cancelled during this time frame only

### **Pullen Aquatic Center**

#### Deep Water

M/W/F	8:30-9:30am	Intervals
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#### Shallow Water-Therapy Pool

M/W/F	9:45-10:45am	Join-T
T/TH	8-9am	Ai-Chi/Aqua Moves

T/Th	11am-12pm	Intro Pool Pilates
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#### Shallow Water-Main Pool

T/TH	9-10 am	Range of Motion+*
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T/Th	10-11am	Adv. Pool Pilates
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\*Class Starts 9/7/2021