

AQUATIC FITNESS CLASSES

Are you ready to take the plunge? Ready for the soothing properties of the water? Aqua workouts are for every fitness level and are low to non-impact on joints and muscles. Water fitness has all the components of fitness: cardiovascular fitness, flexibility, muscular and endurance strength. Water has the ability to offer aerobic activity, resistance training and flexibility all at the same time. Working out in the water is perfect for those who find certain movements on land—running, striding, kicking, dancing—too jarring or painful. We have a wide variety of classes, including classes for expecting mothers, seniors, individuals with arthritis, or those recovering from an injury. **No swimming skills are required.** Whether you are new to water fitness or a water fitness enthusiast, we have the class for you. **Registration is required by the Wednesday before the class begins.**

Information for evening fitness classes and learn-to-swim classes will be available mid-May. Please check the City website at www.lprd.org/aquatics.

AQUAFIT

Ages: 16 and up. Enrollment Min 15 / Max 15. AquaFit uses the effects of water to assist in the recovery process from a recent surgery or chronic illness. If you have experienced a decrease in flexibility, strength or balance, water exercise will help you regain your prior level of function. **No class 11/23; 11/25. Instructor: LMH Therapy Services.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
412434	1A	TR	9-9:45AM	8/24-10/14	LIAC	\$60
412434	1B	TR	10-10:45AM	8/24-10/14	LIAC	\$60
412434	2A	TR	9-9:45AM	10/26-12/16	LIAC	\$53
412434	2B	TR	10-10:45AM	10/26-12/16	LIAC	\$53

AQUA HIIT

Ages: 16 and up. Enrollment Min 8 / Max 15. High Intensity Interval Training advanced class. Multiple HIIT formats including Tabata. When you're ready to work hard, this is the class for you; deep water Tuesday & shallow water Thursday. Flotation belts required (supplied) in deep water; no swimming skills required. **No class 11/23; 11/25. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
412437	1A	TR	5:30-6:15PM	8/24-10/14	LIAC-S&DW	\$56
412437	2A	TR	5:30-6:15PM	10/26-12/16	LIAC-S&DW	\$49

AQUA STRETCH FUSION II

Ages: 16 and up. Enrollment Min 8 / Max 15. Cardio warm-up segment, followed by elements of Yoga and Tai Chi that are blended with dynamic flexibility and movement patters to heighten the aquatic stretch experience. Movement combinations are specifically designed to improve balance, core stabilization, muscular endurance, flexibility and range of motion. Various types of supplied equipment used at participant's choice. **No class 11/23; 11/25. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
412412	1B	TR	8:15-9:15AM	8/24-10/14	LIAC-CPSE	\$56
412412	2B	TR	8:15-9:15AM	10/26-12/16	LIAC-CPSE	\$49

AQUA TONE

Ages: 16 and up. Enrollment Min 8 / Max 15. Aqua Tone is a shallow water class using the water for resistance to increase cardiovascular endurance, increase muscle tone and decrease impact on joints. This class incorporates the use of several pieces of aquatic exercise equipment including hand buoys, gloves, noodles and kickboards. **No class 9/6; 11/22; 11/24.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
412413	1A	MW	6:30-7:15PM	8/23-10/13	LIAC-CPSE	\$56
412413	2A	MW	6:30-7:15PM	10/25-12/15	LIAC-CPSE	\$49

CODE DIRECTORY

LOCATION

LIAC..... Lawrence Indoor Aquatic Center, 4706 Overland Dr
S&DW..... Shallow and Deep Water
CPSE..... Competition Pool, Shallow End

ADMISSION AND PASS OPTIONS

DAILY ADMISSION CHARGES

Ages 3-17	\$5
Ages 18-59	\$6
ANNUAL PASS.....	\$250
30-DAY PASS.....	\$30
PUNCH CARDS	
Youth/Senior	\$35
Adult	\$45

For detailed pass and pricing options, visit our website at <http://lprd.org/aquatics/admission>

LABLAST SPLASH

Ages 16 and up Enrollment Min 8 / Maximum 15. LaBlast Splash is a shallow aqua dance fitness workout based on Ballroom Dancing. It is partner-free and you learn the true skill of dance while blasting away calories in the pool. **No class 9/6; 11/22; 11/24.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
412439	1A	MW	5:30-6:15PM	8/23-10/13	LIAC	\$56
412439	2A	MW	5:30-6:15PM	10/25-12/15	LIAC	\$49

DEEPLY FIT

Ages: 16 and up Enrollment Min 8 / Max 15. Take the plunge into deep water aquatic fitness. Challenge your body, core muscles, and have fun! **Flotation belt required (provided). No swimming skills necessary. No class 9/6; 11/22; 11/24; 11/26.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
412438	1A	MWF	8:15-9:15AM	8/23-10/15	LIAC	\$84
412438	2A	MWF	8:15-9:15AM	10/25-12/17	LIAC	\$74

SHALLOW SHAKERS

Ages: 16 and Up. Enrollment Min 8 / Max 15. Water provides support while offering constant resistance. This class is a total body workout using aerobic activities to improve cardiovascular conditioning and balance work to increase your muscle tone and overall fitness. Class begins with a water walking warm-up, and then moves into the cardiovascular conditioning and balance work, finishing with stretches. **No class 9/6; 11/22; 11/24; 11/26. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
412420	1A	MWF	7:15-8AM	8/23-10/15	LIAC	\$84
412420	2A	MWF	7:15-8AM	10/25-12/17	LIAC	\$74



JIVIN' JOINTS

Ages: 16 and Up. Enrollment Min 15 / Max 20 (Summer Max 15).
 This is a group recreational water-based exercise program designed specifically for people with arthritis and related diseases. Specially designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce their pain and stiffness while supported by the water's buoyancy and resistance. Participants experience a reduced level of pain, an improved ability to function independently in day-to-day life, and a decrease in feelings of isolation and depression. Classes also provide a friendly, fun atmosphere in which participants can make new friends and try new activities. **No class 9/6; 11/22; 11/24; 11/26. Instructor: LMH Therapy Services.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
412430	1A	MWF	8:45-9:30AM	8/23-10/15	LIAC	\$90
412430	1B	MWF	9:45-10:30AM	8/23-10/15	LIAC	\$90
412430	2A	MWF	8:45-9:30AM	10/25-12/17	LIAC	\$79
412430	2B	MWF	9:45-10:30AM	10/25-12/17	LIAC	\$79

AQUATIC PERSONAL TRAINING

Are you trying to be more accountable for your own health? Do you like the aquatic environment? Want guidance and motivation on a personal basis? Want workouts personalized specifically for you now and in future as your skills increase? Aquatic personal training sessions are for you! Working with a nationally certified aquatic personal trainer will help you reach your goals today and in future. No swimming skills are required. Individual sessions are 45 minutes in length. Cost is \$ 35.00 per 45 minute session. **Contact Lori Madaus at the Lawrence Indoor Aquatic Center for additional information.**