

## 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](http://www.lprd.org/aquatics).

### AQUAFIT

*Ages: 16 and Up. Enrollment Min 15 / Max 20.* 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.

**Instructor: LMH Therapy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
312434	1A	TR	9-9:45AM	6/7-7/21	LIAC	\$53
312434	1B	TR	10-10:45AM	6/7-7/21	LIAC	\$53

### AQUA STRETCH FUSION II

*Ages: 16 and up. Enrollment Min 8 / Max 20.* Cardio warm-up segment, followed by elements of Yoga and Tai Chi that are blended with dynamic flexibility and movement patterns to heighten the aquatic stretch experience. Movement combinations are specifically designed to improve balance, core stabilization, muscular endurance, flexibility and range of motion. Competition pool; shallow end. **Instructor: Susan Pomeroy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
312412	1B	TR	8:15-9:15AM	6/7-7/21	LIAC-CPSE	\$49

### JIVIN' JOINTS

*Ages: 16 and Up. Enrollment Min 15 / Max 20.* 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 pain and stiffness. Leisure pool; 3 lane lap area. **Instructor: LMH Therapy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
312430	1A	MWF	8:45-9:30AM	6/6-7/22	LIAC	\$79
312430	1B	MWF	9:45-10:30AM	6/6-7/22	LIAC	\$79

## 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
<b>PUNCH CARDS</b>	
Youth/Senior .....	\$35
Adult .....	\$45

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

### SHALLOW SHAKERS

*Ages: 16 and Up. Enrollment Min 8 / Max 20.* Water provides the conditioning of buoyance while offering constant resistance and a cool non-sweating workout. This low impact water walking class combined with light aerobics provides cardiovascular conditioning, improves muscle tone and balance. Leisure pool; 3 lane lap area. **Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
312420	1A	MWF	7:15-8AM	6/6-7/22	LIAC	\$74

### DEEPLY FIT

*Ages: 16 and up Enrollment Min 8 / Max 20.* Take the plunge into deep water aquatic fitness. Challenge your body, core muscles, and have fun! Flotation belt required (provided). No swimming skills necessary. Competition Pool; deep water. **Instructor: Susan Pomeroy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
312438	1A	MWF	8:15-9:15AM	6/6-7/22	LIAC	\$74

### 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, aquatics supervisor, for additional information at [lmadaus@lawrenceks.org](mailto:lmadaus@lawrenceks.org).**

## LEARN-TO-SWIM CLASSES

### PARENT/CHILD

**Ages: 6 months to 3 years.** The foundation of the American Red Cross Parent and Child class is a set of basic skills that prepares young children to be comfortable in the water. This class will not make your child an independent swimmer; instead, this class will prepare your child to enter the Learn-to-Swim Program. Skills learned include getting adjusted to the water environment; showing comfort on both their front and back positions with assistance; submerging with assistance and changing body positions in the water. **Each child MUST be accompanied by an adult in the water.**

CODE SEC	DAY	TIME	DATE	LOC	FEE
312100 1A	S	9:30-9:55AM	6/4-6/25	LIAC	\$28
312100 1B	S	10:30-10:55AM	6/4-6/25	LIAC	\$28
312100 1C	S	12-12:25PM	6/4-6/25	LIAC	\$28
312100 2A	MTWR	10:30-10:55AM	6/20-6/30	LIAC	\$48
312100 3A	S	9:30-9:55AM	7/9-7/30	LIAC/LOAC	\$28
312100 3B	S	10:30-10:55AM	7/9-7/30	LIAC/LOAC	\$28
312100 3C	S	12-12:25PM	7/9-7/30	LIAC/LOAC	\$28
312100 4A	MTWR	10:30-10:55PM	7/11-7/21	LIAC	\$48

### AQUATOT

**Age: 3.** This class bridges the Parent/Child class to the Learn-to-Swim program and is designed for preschool aged children who have never been in a swim class but are ready to hold on to the wall and be in the pool without a parent. This class focuses on the fundamentals of freestyle and floating. *In order to move to the next class, students must be comfortable putting their face in the water for three or more seconds.*

CODE SEC	DAY	TIME	DATE	LOC	FEE
312115 1A	S	10-10:25AM	6/4-6/25	LIAC	\$28
312115 1B	S	12-12:25PM	6/4-6/25	LIAC	\$28
312115 2A	MTWR	10-10:25AM	6/20-6/30	LIAC	\$48
312115 3A	S	10-10:25AM	7/9-7/30	LIAC/LOAC	\$28
312115 3B	S	12-12:25PM	7/9-7/30	LIAC/LOAC	\$28
312115 4A	MTWR	10-10:25AM	7/11-7/21	LIAC	\$48

### PRESCHOOL

**Age: 4.** Preschool Aquatics teaches age-appropriate water and safety skills in a positive, logical progression beginning with fundamental water safety and aquatic skills. Skills learned in this level are the same fundamental skills that are taught in levels 1 and 2 of the Learn-to-Swim program. These skills include independent water entry, front and back glides, and combined arm and leg actions in the water. *Children are required to stay in the Preschool program until they turn five years of age.*

CODE SEC	DAY	TIME	DATE	LOC	FEE
312114 1A	S	9-9:25AM	6/4-6/25	LIAC	\$28
312114 1B	S	11:30-11:55AM	6/4-6/25	LIAC	\$28
312114 2A	MTWR	11-11:25AM	6/20-6/30	LIAC	\$48
312114 3A	S	9-9:25AM	7/9-7/30	LIAC/LOAC	\$28
312114 3B	S	11:30-11:55AM	7/9-7/30	LIAC/LOAC	\$28
312114 4A	MTWR	11-11:25AM	7/11-7/21	LIAC	\$48

### LEVEL 1

**Ages: 5 to 6.** Participants work on comfort in the water and entering and exiting the pool by themselves. Skills learned include blowing bubbles and getting the head and face wet; floating on front and back with support and recovering to a standing position; alternating and simultaneous arm and leg motion on front and back.

CODE SEC	DAY	TIME	DATE	LOC	FEE
312101 1A	S	11-11:25AM	6/4-6/25	LIAC	\$28
312101 2A	MTWR	11:30-11:55AM	6/20-6/30	LIAC	\$48
312101 3A	S	11-11:25AM	7/9-7/30	LIAC/LOAC	\$28
312101 4A	MTWR	11:30-11:55AM	7/11-7/21	LIAC	\$48

### LEVEL 2

**Ages: 5 to 7.** Skills learned include front and back floats unsupported for 15 seconds with recovery to a standing position; front and back glides for 2 body lengths; and combined arm and leg actions on front and back for 15 feet.

CODE SEC	DAY	TIME	DATE	LOC	FEE
312102 1A	S	9-9:45AM	6/4-6/25	LIAC	\$28
312102 1B	S	10-10:45AM	6/4-6/25	LIAC	\$28
312102 2A	MTWR	9-9:45AM	6/20-6/30	LIAC	\$48
312102 2B	MTWR	10-10:45AM	6/20-6/30	LIAC	\$48
312102 3A	S	9-9:45AM	7/9-7/30	LIAC/LOAC	\$28
312102 3B	S	10-10:45AM	7/9-7/30	LIAC/LOAC	\$28
312102 4A	MTWR	9-9:45AM	7/11-7/21	LIAC	\$48
312102 4B	MTWR	10-10:45AM	7/11-7/21	LIAC	\$48

### LEVEL 3

Skills learned include survival and back floats and treading water for 1 minute; front and back glides with two different kicks; front crawl and elementary backstroke 15 yards, begin learning the diving progression.

CODE SEC	DAY	TIME	DATE	LOC	FEE
312103 1A	S	9-9:45AM	6/4-6/25	LIAC	\$28
312103 1B	S	11-11:45AM	6/4-6/25	LIAC	\$28
312103 2A	MTWR	11-11:45AM	6/20-6/30	LIAC	\$48
312103 3A	S	9-9:45AM	7/9-7/30	LIAC/LOAC	\$28
312103 3B	S	11-11:45AM	7/9-7/30	LIAC/LOAC	\$28
312103 4A	MTWR	11-11:45AM	7/11-7/21	LIAC	\$48

### LEVEL 4

Improve on skills and increase endurance on strokes learned in previous levels, including front and back crawl for 25 yards, elementary backstroke, breaststroke, sidestroke with scissor kick and butterfly for 15 yards. Skills learned include open turns on front and back pushing off in streamlined position, surface dives and dives off the side of the pool and swim underwater for 3 body lengths, survival and back floats in deep water as well as tread water for 1 minute each. *This level is taught in the competition pool (LIAC).*

CODE SEC	DAY	TIME	DATE	LOC	FEE
312104 1A	S	11-11:45AM	6/4-6/25	LIAC	\$28
312104 2A	MTWR	9-9:45AM	6/20-6/30	LIAC	\$48
312104 2B	MTWR	10-10:45AM	6/20-6/30	LIAC	\$48
312104 3A	S	11-11:45AM	7/9-7/30	LIAC/LOAC	\$28
312104 4A	MTWR	9-9:45AM	7/11-7/21	LIAC	\$48
312104 4B	MTWR	10-10:45AM	7/11-7/21	LIAC	\$48

### LEVEL 5

Increased endurance, coordination and refinement of strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and flip turns. *This level is taught in the competition pool (LIAC).*

CODE SEC	DAY	TIME	DATE	LOC	FEE
312105 1A	S	10-10:45AM	6/4-6/25	LIAC	\$28
312105 2A	MTWR	9-9:45AM	6/20-6/30	LIAC	\$48
312105 3A	S	10-10:45AM	7/9-7/30	LIAC/LOAC	\$28
312105 4A	MTWR	9-9:45AM	7/11-7/21	LIAC	\$48

### LEVEL 6 FIT

Refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. Skills learned include introduction to other aquatic activities, areas of focus include Personal Water Safety, Diving and Fitness Swimming. Each option focuses on preparing students to participate in other advanced aquatic courses. *This level is taught in the competition pool (LIAC).*

CODE SEC	DAY	TIME	DATE	LOC	FEE
312106 1A	S	9-9:45AM	6/4-6/25	LIAC	\$28
312106 2A	MTWR	10-10:45AM	6/20-6/30	LIAC	\$48
312106 3A	S	9-9:45AM	7/9-7/30	LIAC/LOAC	\$28
312106 4A	MTWR	10-10:45AM	7/11-7/21	LIAC	\$48

**ADULT**

This swim program has a little bit for everyone. Did you always wish you had learned to swim as a child? Well, it is never too late to get started. The purpose of this level is what YOU want to get out of it. For some that may mean personal safety; for others it may be learning to swim the basic strokes to be used for fitness swimming. Your needs will be discussed at the beginning of class, and the class will be geared toward meeting your personal goals. *This level is taught in the competition pool (LIAC).*

CODE	SEC	DAY	TIME	DATE	LOC	FEE
312108	1A	S	10-10:45AM	6/4-6/25	LIAC	\$28
312108	3A	S	10-10:45AM	7/9-7/30	LIAC/LOAC	\$28

**JUNIOR SWIM**

Are you between the ages of 9 and 16? Have you always wanted to learn to swim, but never have? If you feel too old to be in a traditional level one, two, or three class, this is the course for you. Junior swim is targeted towards those individuals between the ages of nine and 16 that would like to overcome their fear of the water and learn the basic skills needed to be safe and enjoy the water. *This level is taught in the competition pool (LIAC).*

CODE	SEC	DAY	TIME	DATE	LOC	FEE
312107	1A	S	11-11:45AM	6/4-6/25	LIAC	\$28
312107	2A	MTWR	11-11:45AM	6/20-6/30	LIAC	\$48
312107	3A	S	11-11:45AM	7/9-7/30	LIAC/LOAC	\$28
312107	4A	MTWR	11-11:45AM	7/11-7/21	LIAC	\$48