

## AQUA FITNESS PROGRAMS

**Dance – The Aquatic Way:** Learn skills from ballet, ballroom, latin and jazz. There will be forms of dance that will be exciting for all ages and it can be a great way to burn calories and stay fit. Great for function, balance, posture, flexibility and cardio training! No partner needed.

**Men's Therapy Fitness:** This class is for all the guys that want to benefit from our therapy fitness classes which is taught in the therapy pool. The class focuses on range of motion, flexibility and gentle exercises for muscle tone. Don't forget you can still attend any of our other classes too!

**Aqua Fitness & Senior's Aqua Fitness:** This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

**Therapy Fitness:** This class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

**Deep Aqua Fitness:** This class is taught in the deep end of the Main Pool and is the best class for getting into shape. Stay afloat by using an aqua belt or noodle and feel your muscles burn!

**Aqua Mind & Body:** This class taught in the therapeutic pool will explore movements taken from the disciplines of Tai Chi, Yoga or Pilates to help control breathing, increase flexibility, core stability, coordination, and muscular endurance. Enhance your posture using the relaxing and healing properties of water.



**Aqua Cross Training:** This class is taught in the main pool and you will use steps, gloves, fins and receive a full body workout including increasing balance, strength and flexibility.

**Crunch your Lunch:** Come at lunch time and workout your full body by using your core muscles.

**Main Pool**  
 25mx22m (8 lane pool)  
 1m diving board and wheelchair ramp entry  
 Depth: 2.13m to 3.6m  
 Max. Capacity: 210 people  
 Approximate Temperature: 84°F

**Therapy Pool**  
 10mx12m • 2 – 10m long lanes  
 10 therapy jets in a seated area  
 Ramp and stair entry  
 Depth: 0.914m to 1.35m  
 Max. Capacity: 70 people  
 Approximate Temperature: 90°F

If you are unsure whether your program is running, or if you are dropping into a program, please check [www.qswc.ca](http://www.qswc.ca) for cancellations.



**AUGUST 28**



**AUGUST 31**

### Registration for Fall & Winter Aquatics Programs:

City Taxpayers:  
August 28, 2017 Non-City Taxpayers:  
August 31, 2017



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**Phone: 613.967.1817**  
**Email: [thefrockshop@cogeco.net](mailto:thefrockshop@cogeco.net)**

## FALL AQUA FITNESS PROGRAMS

Location: Quinte Sports & Wellness Centre – Templeman Menninga Aquatic Centre

### Aqua Fitness Payment Options

Payment Type	Cost
<b>Session Pass</b>	\$220.00 for 14 weeks (+hst) unlimited classes for the whole Fall session – come to any of our pool fitness classes <b>Barcode: 35960</b>
<b>Drop-in per visit</b>	\$9.00/class (includes hst)
<b>10 visit pack</b>	\$85.00 (includes hst) for 10 classes

Date	Program	Time	Pool	Start	End	# Classes	Cost	No Classes	Barcode	Instructor
Sun	Aqua Cross Training	11:00-11:55AM	Main	Sept. 24	Dec. 17	11	\$77.00	Oct. 8th & Nov. 26th	35005	Monica
Sun	Aqua Mind & Body	12:15-1:00PM	Therapy	Sept. 24	Dec. 17	11	\$77.00		35017	Monica
Mon	Aqua Fitness	9:00-9:55AM	Main	Sept. 18	Dec. 18	13	\$91.00	Oct. 9th	35001	Melody
Mon	Aqua Fitness	10:00-10:55AM	Main	Sept. 18	Dec. 18	13	\$91.00		35002	Melody
Mon	Deep Aqua Fitness	12:00-12:45PM	Main	Sept. 18	Dec. 18	13	\$91.00		35011	Melody
Mon	Arthritis & Fibromyalgia Fitness	1:05-1:50PM	Therapy	Sept. 18	Dec. 18	13	\$91.00		35009	Melody
Mon	Therapy Fitness	*4:00-4:55PM	Therapy	Sept. 18	Dec. 18	13	\$91.00		35010	Deborah
Mon	Aqua Fitness	7:05-8:00PM	Main	Sept. 18	Dec. 18	13	\$91.00		35003	Lorri
Tues	Aqua Fitness	8:00-8:45AM	Main	Sept. 19	Dec. 19	14	\$98.00	None	35006	Melody
Tues	Therapy Fitness	9:00-9:55AM	Therapy	Sept. 19	Dec. 19	14	\$98.00		35012	Melody
Tues	Dance – The Aquatic Way	10:50-11:45AM	Therapy	Sept. 19	Dec. 19	14	\$98.00		35008	Marek
Tues	Aqua Fitness	12:00-12:45PM	Main	Sept. 19	Dec. 19	14	\$98.00		35004	Lorri
Tues	Senior's Aqua Fitness	2:00-2:55PM	Main	Sept. 19	Dec. 19	14	\$98.00		35013	Marg
Tues	Men's Therapy Fitness	1:05-1:50PM	Therapy	Sept. 19	Dec. 19	14	\$98.00		35014	Marg
Tues	Deep Aqua Fitness	5:00-5:55PM	Main	Sept. 19	Dec. 19	13	\$91.00	Oct. 31st	35015	Brenda
Tues	Deep Aqua Fitness	6:00-6:55PM	Main	Sept. 19	Dec. 19	13	\$91.00		35016	Brenda
Wed	Aqua Fitness	9:00-9:55AM	Main	Sept 20	Dec 20	14	\$98.00	None	35007	Lorri
Wed	Aqua Fitness	10:00-10:55AM	Main	Sept 20	Dec 20	14	\$98.00		35022	Melody
Wed	Aqua Fitness	12:00-12:45PM	Main	Sept 20	Dec 20	14	\$98.00		35023	Melody
Wed	Arthritis & Fibromyalgia Fitness	4:00-4:45PM	Therapy	Sept 20	Dec 20	13	\$91.00	Nov. 1st After 4pm	35018	Melody
Wed	Aqua Fitness	5:00-5:55PM	Main	Sept 20	Dec 20	13	\$91.00		35024	Melody
Thurs	Aqua Fitness	8:00-8:45AM	Main	Sept 21	Dec 21	14	\$98.00	None	35030	Melody
Thurs	Therapy Fitness	9:05-10:00AM	Therapy	Sept 21	Dec 21	14	\$98.00		35019	Melody
Thurs	Therapy Fitness	**1:05-1:50PM	Therapy	Sept 21	Dec 21	14	\$98.00		35020	Laura
Thurs	Crunch Your Lunch	12:00-12:45PM	Main	Sept 21	Dec 21	14	\$98.00		35025	Brenda
Thurs	Senior's Aqua Fitness	2:00-2:55PM	Main	Sept 21	Dec 21	14	\$98.00		35031	Marg
Thurs	Aqua Fitness	7:05-8:00PM	Main	Sept 21	Dec 21	14	\$98.00		35026	Brenda
Fri	Aqua Fitness	9:00-9:55AM	Main	Sept 22	Dec 15	13	\$91.00	None	35027	Lorri
Fri	Aqua Fitness	10:00-10:55AM	Main	Sept 22	Dec 15	13	\$91.00		35028	Lorri
Fri	Zumba	12:00-12:45PM	Main	Sept 22	Dec 15	13	\$91.00		35029	Brenda
Fri	Therapy Fitness	**1:05-1:50PM	Therapy	Sept 22	Dec 15	13	\$91.00		35021	TBD

Please note instructor schedules may change. \*Please note class time has changed to 4:00pm

\*\*Please note class time is now 1:05-1:50pm. TBD - Instructor to be determined.