Open Registration begins Feb. 18 for all Water Aerobics Classes.

Which class should I sign up for?

Introduction to Water Aerobics: In this class, students will move forward, backward, and sideways in a fun and rhythmic pattern. We use regular, short, quick, and long steps. Resistance can be added for those students who are more advanced. This class is done in both the shallow end of the lap pool (up to halfway, as comfortable) and also deep end (as comfortable). Flotation devices will be provided for class time spent in the deeper water.

Our Water Aerobic Program is recommended for anyone 16 years of age or older and any ability level.

Along with aerobics, we offer both group lessons and private lessons for adults. We also offer lap swim memberships so that you can practice outside of class time. If you are currently signed up for one of our adult programs, you will receive a discount on your lap swim membership.

Aerobics Class Schedule

Intro to Water Aerobics:
Thursdays 10:30 – 11:15 am Rebecca

Session Pricing:

Thursdays 9 weeks: $122.85 ($13.65/class)

Drop-In Pricing:

$14.65 per class

2 hour notice required

Getting In the Water!

Our Aerobic Classes are targeted to help all participants, regardless of gender or ability level.

Due to the large amount of movement on the bottom of the pool deck, water shoes are recommended.

Don't Forget!

We will have several different levels of students. The goal is to challenge yourself within the realm of the class. If you feel something is too basic/difficult, speak with your instructor about modified exercises.

To expedite your improvement, try to be consistent with your participation. Try to show up to class every day, and be prepared to try new things.

Why is exercising IN the water better than exercising OUT of the water?

1. Buoyancy: This water property allows people to do exercises that are difficult on land.
2. Resistance: There is a continual resistance to every move you make.
3. Cooling Effect: Water disperses heat more efficiently, so there is less chance of overheating.