

Calvert County Parks and Recreation

FALL WATER EXERCISE CLASSES

Everyone can benefit from water exercise. Participants are encouraged to check with their physician before starting any water aerobics class. Students with physical limitations should discuss their limitations with their instructor for appropriate adaptations to the program taught. Class times and days are subject to change.

Adults are 16-59 • Seniors are 60+

Session A: September 7 - October 11

Session B: October 12 – November 15

Session C: November 16 – December 21

GET WET, GET FIT

Water Exercise - Low Intensity - Class stresses range of motion exercises

designed to help relieve joint stiffness and promote more range of motion. Participants are encouraged to move at their own pace. Shallow water program for swimmers and non-swimmers in warm water Therapy Pool. The classes are open to both men and women. Class duration: 45-minutes. Limit 15 participants.

Mon/Wed/Fri 8:00-8:45 a.m. 15 Class Session

Activity #: 626301 Adults \$75.00 Activity #: 622301 Seniors \$60.00

Mon/Wed/Fri 9:00-9:45 a.m. 15 Class Session

Activity #: 626303 Adults \$75.00 Activity #: 622303 Seniors \$60.00

Tue/Thurs 9:00-9:45 a.m. 10 Class Session

Activity #: 626302 Adults \$50.00 Activity #: 622302 Seniors \$40.00

New Time Added

Aquacise - Low to Moderate Intensity - Shallow water aerobics designed to improve cardio, core strength, flexibility, endurance and balance. Come exercise in the water and enjoy a total body workout. Students work at various paces, tuned to personal core fitness levels. Class duration: 45-minutes. Limit 30 participants Competition Pool

Mon/Wed/Fri 9:00-9:45 a.m. 15 Class Session

Activity#: 622310 Adults \$75.00 Activity#: 626310 Seniors \$60.00

Mon/Wed/Fri 10:00-10:45 a.m. 15 Class Session

Activity#: 622316 Adults \$75.00 Activity#: 626316 Seniors \$60.00

Mon/Wed 5:00-5:45 p.m. 10 Class Session

Activity#: 622317 Adults \$50.00 Activity#: 626318 Seniors \$40.00

Mon/Wed 6:00-6:45 p.m. 10 Class Session

Activity #: 622313 Adults \$50.00 Activity #: 626313 Seniors \$40.00

Mon/Wed 7:00-7:45 p.m. 10 Class Session

Activity#: 622319 Adults \$50.00 Activity#: 626319 Seniors \$40.00

New Time Added

New Time Added

Tue/Thurs 9:00-9:45 a.m. 10 Class Session

Activity #: 622311 Adults \$50.00 Activity #: 626311 Seniors \$40.00

Tue/Thurs 10:00-10:45 a.m. 10 Class Session

Activity#: 622317 Adults \$50.00 Activity#: 626317 Seniors \$40.00

Tue/Thurs 5:00-5:45 p.m. 10 Class Session

Activity#: 622312 Adults \$50.00 Activity#: 626312 Seniors \$40.00

Tue/Thurs 7:00-7:45 p.m. 10 Class Session

Activity#: 622320 Adults \$50.00 Activity#: 626320 Seniors \$40.00

New Time Added

New Time Added

Saturday 8:00-8:45 a.m. Drop-In Limited to the first 30 participants, list opens 30 minutes prior to each class.

Adults \$6.00 Seniors \$4.00

Deep Water Aerobics - High Intensity - The ultimate low impact class for students of all fitness levels. Use the natural water resistance and your weightlessness in deep water to exercise using unique movements to increase heart rate, flexibility and muscle tone. Students must be comfortable exercising in deep water (6 ft.-12 ft.) using a floatation belt. Class duration: 45-minutes. Limit 30 participants.

Saturday 9:00-9:45 a.m. 10 Class Session

Activity #: 622315 Adults \$50.00 Activity #: 626315 Seniors \$40.00

For more information, please call (410) 414-8350 or Maryland Relay for Impaired Speech and Hearing at (800) 735-2258. Calvert County services are available to individuals with disabilities.

EDWARD T. HALL AQUATIC CENTER
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