



Aquatics Schedule

FEBRUARY - 2010

Real People. Real Results.

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MONDAY	5:30-8:30 a.m. Lap Swim 9:00 a.m. Water Works 10-11:00 a.m. Lap Swim 11:00 a.m. AFAP	1:00 p.m. AFAP 2-5:00 p.m. Lap Swim 5:30 p.m. AFAP 6:30-8:30 p.m. Lap Swim
TUESDAY	5:30-9:30 a.m. Lap Swim 10:00 a.m. Strength & Stretch 12-4:00 p.m. Lap Swim	4:30 p.m. Aqua Blast 5:30 p.m. 30 Min. Aqua Blast 6:00-9:00 p.m. Swim Lessons
WEDNESDAY	5:30-8:30 a.m. Lap Swim 9:00 a.m. Water Works 2 10-11:00 a.m. Lap Swim 11:00 a.m. AFAP	1:00 p.m. AFAP 2-5:00 p.m. Lap Swim 4:30 p.m. Aqua Zumba - NEW CLASS 5:30 p.m. AFAP 6:30-8:30 p.m. Lap Swim
THURSDAY	5:30-9:30 a.m. Lap Swim 10:00 a.m. Strength & Stretch	12-4:00 p.m. Lap Swim 4:30 p.m. Aqua Blast 6:00-9:00 p.m. Swim Lessons
FRIDAY	5:30-8:30 a.m. Lap Swim 8:30-10 a.m. Water Works-Interval (90 Minutes) 10-11:00 a.m. Lap Swim 11:00 a.m. AFAP	1:00 p.m. AFAP 2-5:00 p.m. Lap Swim 5:30 p.m. AFAP 6:30-8:30 p.m. Lap Swim
SATURDAY	7:00-8:00 a.m. Lap Swim 8:30 a.m. Aqua Blast	9:30 a.m. Muscle Conditioning 10:00-Noon Swim Lessons 2:00-6:00 p.m. Lap Swim
SUNDAY	2-5:00 p.m. Family Day	

* Pre- and Post-natal members are invited to participate in any of the Aqua classes.

Please let the instructor know you are taking part in the class. * Adult swim lessons (all levels) available.

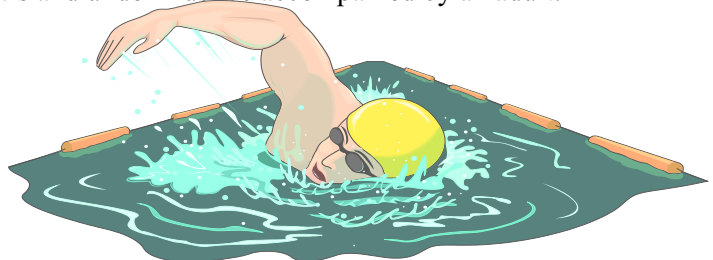
Please see pool staff. All children 15 years and under must be accompanied by an adult.

AFAP (formerly known as W.E.T.)

AFAP 11:00 a.m. (Mon. - Wed. - Fri.)

AFAP 1:00 p.m. (Mon. - Wed. - Fri.)

AFAP 5:30 p.m. (Mon. - Wed. - Fri.)



AQUATICS PROGRAM DESCRIPTIONS

Hurley Health & Fitness Center

4500 S. Saginaw St. Flint, MI 48507

810-262-2200

NOTE: Pool classes require swimsuit attire. T-shirts may be worn over suit. Also, Michigan State guidelines require showering at HHFC prior to entering water (pool or jacuzzi).

AFAP (formerly WET)

Arthritis Foundation Aquatic Program (formerly W.E.T.) is now a new improved program authorized by the Arthritis Foundation. It includes Range of Motion (ROM) for all joints with strengthening exercises and an endurance component. The optional use of equipment allows those of diverse fitness levels to find the level of work that is right for them.

Aqua Blast

A one hour fitness class designed for that aqua animal. Come prepared for a hard but fun aqua aerobic class.

Aqua Zumba

This is a Latin inspired fitness class that takes to the water well. The class format combines fast and slow rhythms that tone and sculpt the body. Aqua Zumba is lots of fun so come join the PARTY and get a great fitness workout.

Family Swim

Enjoy water activities with your family. Goggles, snorkels, swim fins permitted. Do not bring inflated rafts or face masks that enclose the nose area. Suggest inflatable arm bands for young children and swim diapers for children who wear diapers. Disposable diapers not allowed in pool.

Lap Swim

A designated time when two lane markers will be utilized to accommodate lap swimming.

Lessons

Swim lessons for adults and children are scheduled on an ongoing basis. Flyers with lesson dates and times are posted at the front desk. For additional information please call Melody at 235-5608.

Muscle Conditioning

A challenging 30-minute class that will strengthen and tone muscles.

Strength & Stretch

A one hour class that will strengthen your muscles and cardiovascular system, plus improve your flexibility.

Water Works

A moderately paced aerobic activity which includes warm-up, 20-25 minutes of cardiovascular conditioning and cool-down and stretch. Heart monitoring and Rate of Perceived Exertion are included.

Water Works Interval

An aqua aerobic class that has intervals of muscle conditioning with cardiovascular work. This class is a 90 minute workout that will certainly challenge your body.

Water Works 2

This one hour class is a little higher paced than the Water Works class, but will still include warm up, cardiovascular conditioning and cool down with stretch.

Swimming skills are not necessary in any of the aqua aerobic exercise classes. However, swimming skills can be a valuable component to your water workout. Swim lessons are available continuously. Please see pool staff for arrangements.

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