



# Water Aerobics Schedule December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Camille (AR) 12:00pm-1:00pm	2 Neli (S-TS) 10:30am-11:30am Jay (DW) 11:30am-12:30pm
3 Lynn (DWC) 11:30am-12:30pm	4 Erin (Music DW) 12:00pm-1:00pm	5 Lynn (DWC) 6:30am-7:30am Lynn (AF) 8:30am-9:15am Jay (DW) 12:00pm-1:00pm	6 Erin (DW) 12:00pm-1:00pm	7 Lynn (DWC) 6:30am-7:30am Lynn (AF) 8:30am-9:15am Jay (DW) 12:00pm-1:00pm	8 Camille (AR) 12:00pm-1:00pm	9 Neli (S-TS) 10:30am-11:30am Jay (DW) 11:30am-12:30pm
10 Lynn (DWC) 11:30am-12:30pm	11 Erin (Music DW) 12:00pm-1:00pm	12 Lynn (DWC) 6:30am-7:30am Lynn (AF) 8:30am-9:15am Jay (DW) 12:00pm-1:00pm	13 Erin (DW) 12:00pm-1:00pm	14 Lynn (DWC) 6:30am-7:30am Lynn (AF) 8:30am-9:15am Jay (DW) 12:00pm-1:00pm	15 Camille (AR) 12:00pm-1:00pm	16 Neli (S-TS) 10:30am-11:30am Jay (DW) 11:30am-12:30pm
17 Lynn (DWC) 11:30am-12:30pm	18 Erin (Music DW) 12:00pm-1:00pm	19 Lynn (DWC) 6:30am-7:30am Lynn (AF) 8:30am-9:15am Jay (DW) 12:00pm-1:00pm	20 Erin (DW) 12:00pm-1:00pm	21 Lynn (DWC) 6:30am-7:30am Lynn (AF) 8:30am-9:15am Jay (DW) 12:00pm-1:00pm	22 Camille (AR) 12:00pm-1:00pm	23 Neli (S-TS) 10:30am-11:30am Jay (DW) 11:30am-12:30pm
24 Lynn (DWC) 11:30am-12:30pm	25 <b>POOL CLOSED</b>	26 Lynn (DWC) 6:30am-7:30am Lynn (AF) 8:30am-9:15am Jay (DW) 12:00pm-1:00pm	27 Erin (DW) 12:00pm-1:00pm	28 Lynn (DWC) 6:30am-7:30am Lynn (AF) 8:30am-9:15am Jay (DW) 12:00pm-1:00pm	29 Jay (AR) 12:00pm-1:00pm	30 Neli (S-TS) 10:30am-11:30am Jay (DW) 11:30am-12:30pm
31 Lynn (DWC) 11:30am-12:30pm						

### Deep Water Running (D-WR)

This class provides a vigorous, zero impact workout with many benefits, including an increase in range of motion, as well as improvements in cardiovascular health.

### Deep Water Cardio (DWC)

This class provides a dynamic cardiovascular total body workout, benefits include: calorie burning, range of motion, and endurance aspects.

### Aqua Running (AR)

This class is a full-body workout involving the legs, arms, shoulders, and core muscles. The water is 773 times more resistant than air, so it serves to strengthen all key running muscles, thus increasing your land-running turnover and stride length. The water resists you only as much as you resist it-so you can work out as hard or as easy as you like.

### Deep-Water Workout (DW)

Come join us for a dynamic total-body workout without impact on the joints. This class emphasizes good body mechanics, endurance training, and stretching.

### Shallow Water Toning and Shaping (S-TS)

All levels. Focuses on cardio conditioning, muscle tone, flexibility and strength in chest deep water. Warm up may focus on dance, Yoga, and Pilates moves, which expand range of motion and promote joint health. Cardio exercises include movements such as low or non-impact running, ski movements, kicks, etc. Class ends with a cool down and more work on flexibility and alignment. This is a full body workout, perfect for people with joint issues or who can't swim but would like the benefits of water exercise.

### The Arthritis Foundation Aquatic Program (AF)

The Arthritis Foundation Aquatic Program is a class designed for people with arthritis and other related diseases as well as sedentary or de-conditioned adults.

### Fees

Single Entry \$8.00

10 – Entry Pass \$66.50 (Valid for 1 year from date of purchase)

20-Entry Pass \$133 (Passes Expire 12/31/17)

50-Entry Pass \$315 (Passes Expire 12/31/17)

View monthly calendar online at [www.scparks.com](http://www.scparks.com)

Simpkins Family Swim Center

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