



Harry L. Coomes Recreation Center
300 Stanley Street
Abingdon, VA 24210
Main (276) 623 – 5279

P.O. Box 2495
Abingdon, VA 24212-2495
Fax (276) 623 – 1345

Aquatic Classes and Programs

| | | | | Program Cost | |
|---|------------------------------------|----------------------|----------------------|---------------------|----------------|
| | | | | Mem | Non-Mem |
| Aquacise ** {Class participation limit up to 35 max} | | | | | |
| Aqua 1 | Moderate Intensity | Monday and Wednesday | 8:00 am to 9:00 am | \$6/9 | \$10/12 |
| Aqua 2 | Moderate Intensity | Tuesday and Thursday | 8:00 am to 9:00 am | \$6/9 | \$10/12 |
| Aqua 3 | Moderate Intensity | Tuesday and Thursday | 6:40pm to 7:40 pm | \$6/9 | \$10/12 |
| Arthritis Water Exercise ** {Class participation limit up to 35 max} | | | | | |
| Art 1 | Low Intensity | Monday and Wednesday | 10:00 am to 11:00 am | \$6/9 | \$10/12 |
| Art 2 | Low Intensity | Tuesday and Thursday | 10:00 am to 11:00 am | \$6/9 | \$10/12 |
| Deep Water Exercise ** {Class participation limit up to 20 or 25 max, depending on specific class} | | | | | |
| Deep 1 | High Intensity (Class limit 25) | Tuesday and Thursday | 9:00 am to 10:00 am | \$6/9 | \$10/12 |
| Deep 2 | High Intensity (Class limit 25) | Tuesday and Thursday | 10:00 am to 11:00 am | \$6/9 | \$10/12 |
| Deep 3 | High Intensity (Class limit 30) | Tuesday and Thursday | 5:45 pm to 6:30 pm | \$6/9 | \$10/12 |
| Deep 4 | High Intensity (Class limit 25) | Monday and Wednesday | 9:00 am to 10:00 am | \$6/9 | \$10/12 |
| Deep 5 | High Intensity | Friday | 9:00 am to 10:00 am | \$3/4.50 | \$5/6 |

(Class limit 30)(Any class participant may enroll in the Friday class)

**** All Aquatic Exercise Classes are scheduled on monthly cycles.**

Aquatic Exercise Instructors:

Diane Blevins, Teresa Carroll, Lee Ann Geisenhaver, Kim Hines,
 Lara Jones, Brenda Strong, Patricia Warren

If the Coomes Recreation Center staff can be of any assistance to you in scheduling classes or with information, please call at (276) 623 – 5279.