
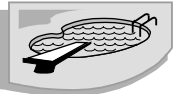


**Harry L. Coomes Recreation Center**

**Water Fitness Programs July / August 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b>	<b>19</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>20</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>21</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>22</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>23</b> 9:15 a Coomes Splashers 10 a Barely Wet 2	<b>24</b> 8:30 a Waterlogged
<b>25</b> 	<b>26</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>27</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>28</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>29</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>30</b> 9:15 a Coomes Splashers 10 a Barely Wet 2	<b>31</b> 8:30 a Waterlogged
<b>1</b>	<b>2</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>3</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>4</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>5</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>6</b> 9:15 a Coomes Splashers 10 a Barely Wet 2	<b>7</b> 8:30 a Waterlogged
<b>8</b>	<b>9</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>10</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>11</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>12</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>13</b> 9:15 a Coomes Splashers 10 a Barely Wet 2	<b>14</b> 8:30 a Waterlogged
<b>15</b> 	<b>16</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>17</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>18</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>19</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>20</b> 9:15 a Coomes Splashers 10 a Barely Wet 2	<b>21</b> 8:30 a Waterlogged
<b>22</b>	<b>23</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>24</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>25</b> 8 – 9a Shoreline 9 – 10a Deep Impressions 10 - 11a Silver Splash 10 – 11a Waterlogged	<b>26</b> 8 – 9a Dip ‘n’ Splash 9 – 10a Deeply Drenched 10:10 – 11a Dancing Noodles 10-11a Barely Wet 1 5:45 – 6:45 p – Waterlogged 5:45 – 6:45 p – High Tide	<b>27</b> 9:15 a Coomes Splashers 10 a Barely Wet 2	<b>28</b> 8:30 a Waterlogged

**MUST OBTAIN FITNESS PASSES FROM FRONT DESK IN ORDER TO PARTICIPATE IN CLASSES**

**6.00 MEMBERS / \$12.00 NONMEMBERS for 6 pass card**

**\*SS (those who are eligible for Silver Sneakers qualify to participate in these classes – cards must specifically reflect this membership) Fitness Instructors /**

**Group Descriptions listed on back**

**\*\*\*Classes WILL begin at times listed; participants should arrive for classes 5 – 10 minutes early in order to be prepared to begin on time**

\*\* Deep Water Exercise (class participation limit 20 max)

\*\*Low Intensity Water Exercise (class participation limit 22 max)

\*\*Shallow Water Exercise (class participation limit 20 max)

## **Shoreline / Dip ‘n’ Splash / High Tide**

*(moderate intensity - shallow water exercise)*

This is a moderate intensity, moderate stress water exercise program designed to help maintain personal fitness, tone muscles, increase strength and flexibility and build cardiovascular endurance. This program is conducted in the shallow end of the pool.

**[No knowledge of swimming strokes is required, however participants must be water safe (the ability to support oneself until assisted, or otherwise reach safety.)]**

## **Silver Splash**

*(low intensity – shallow water exercise)*

For a soothing exercise environment, try this water exercise class. You don't need to know how to swim. A Silver Sneakers kickboard is used to increase strength, for stability and balance in the water. Members with arthritis or other joint conditions will find the water comforting and the non-impact workout invigorating. **[No knowledge of swimming strokes is required, however participants must be water safe (the ability to support oneself until assisted, or otherwise reach safety.)]**

## **Barely Wet 1 – 2**

*(low intensity - shallow water exercise)*

This is a low intensive, low stress water exercise program designed to help those with arthritis or other physical ailments.

This is not a medical treatment program. It is designed around the needs of those with physical problems and lack of flexibility and strength.

**[No knowledge of swimming strokes is required, however participants must be water safe (the ability to support oneself until assisted, or otherwise reach safety.)]**

## **Deep Impressions / Deeply Drenched / Dancing Noodles / Waterlogged / Coomes Splashes**

*(high intensity - deep water exercise)*

This program is designed to help maintain personal fitness, tone muscles and build cardiovascular endurance. This program is conducted in the deep end of the pool and is an excellent class for those who want a harder workout with less stress and strain on the bones and joints. The class uses flotation belts for support while in the pool.

**[No knowledge of swimming strokes is required, however participants must be water safe (the ability to support oneself until assisted, or otherwise reach safety.)]**

Aquatic Exercise Instructors:

Theresa Crist, Lee Ann Geisenhaver, Andrea Diaz, Lara Jones, Patricia Warren, Nancy Fox, Pam Rippe

Passes for next cycle available the sixth week of each cycle

IF THE COOMES RECREATION CENTER STAFF CAN BE OF ANY ASSISTANCE IN SCHEDULING CLASSES OR WITH INFORMATION, PLEASE CALL 276-623-5279

