



August 2020

ALL CLASSES IN THE RECREATION POOL

Sign Up/Attendance Policies

-No Daily drop ins– All members/guests must reserve a spot through our sign up genius link. Link below.

-Sign ups will cut off the day prior at 12pm. Notifications will only be made if class is cancelled. Please call the front desk to double check your reservation or if you have any questions.

-Minimum of 3 participants must sign up for class to be held. Front desk will notify participants if the class is cancelled.

Class Safety Policies

-Shower required before entry to pool

-Lap lanes will stay in for classes

- 6 ft social distancing required and masks encouraged

- 4 participants per lane– 12 spots max each class

Mon	Tue	Wed	Thu	Fri	Sat
GAC Facility Maintenance and flooring renovations will be August 13th-26th. During this time, the only restroom/lockerroom available will be the adult single use one in the rec pool. We are limiting class sizes to 6 to ensure patron safety and satisfaction. Please be advised the entrance will be at the ACC drop off. Patron handicap spaces will be marked and reserved on the far right side.					1 930a-1030a WeCoach
3 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	4 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	5 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	6 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	7 830-930 Senior H20 10a-11a WeCoach	8 930a-1030a WeCoach
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August is....

Summer Sun Safety Month

CDC recommends:

"To seek shade when in the sun, wear sun protection gear, wear sunglasses and wear sunscreen that is at least SPF 15 or higher for the best protection while in the sun."

Summer is here and temperatures are rising. Come beat the heat at the GAC by signing up for one of our indoor fitness classes and experience the amazing benefits of Aquatic exercise.



GREENSBORO AQUATIC CENTER

Water Exercise Class Descriptions

Conditioning:

This class will focus on water walking, jogging, and running to combine body conditioning with cardio. Appropriate for all fitness and swim levels.

Senior H2O:

An enjoyable, safe exercise program designed to increase feeling of well being and improved performance of daily activities

WE COACH:

A total body workout that are catered to hit 5 important components of fitness: cardiovascular, neuromotor, muscular strength, muscular endurance, and flexibility. What you put into the work out is what you get!

Deep water:

Participants should be comfortable and able to propel themselves in 17ft deep water. All over toning and cardiovascular program with float belt assistance

Aqua Dance:

Designed to fire up the core muscles and strengthen the glutes, hamstrings and back muscles. Seniors will learn a gentle way back to those dance styles they love

Aqua Meditation:

Designed to decrease stress and increase energy by using the water in a flowing yet powerful progress, increases oxygen and caloric consumption with correct form and positioning in water

Volleyball:

Strengthen the upper body, arms and shoulders as well as the muscles of the lower body. Playing volleyball also improves the cardiovascular and respiratory systems. Enhance the energy level and improves your overall performance.

Open Swim:

Participants should be comfortable in 17ft deep water. There will be no instructor, but the space is provided for participants to do their individual workouts.

May take place in the recreation pool, depending on the needs of facility

Pricing

Membership required for sign up.

All fitness classes included in membership