



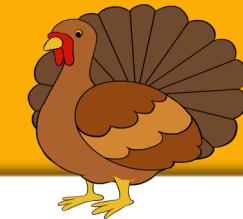
GREENSBORO AQUATIC CENTER

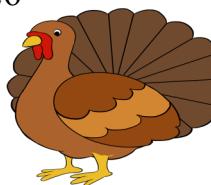
## ALL CLASSES IN THE RECREATION POOL

### **Sign Up/Attendance Policies**

- No Daily drop ins- All members/guests must reserve a spot through our sign up [genius link](#).
- Sign ups will cut off the day prior at 6pm. 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

# November 2020



Mon	Tue	Wed	Thu	Fri	Sat
2 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	3 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p Conditioning</b>	4 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	5 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	6 <b>830-930 Aqua Meditation</b> <b>10a-11a WeCoach</b>	7 <b>930-1030 WeCoach</b>
9 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	10 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p Aqua Meditation</b>	11 930-1030 Senior H20 <b>11a-12a WeCoach</b>	12 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	13 830-930 Senior H20 <b>10a-11a WeCoach</b>	14 <b>930-1030 WeCoach</b>
16 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	17 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	18 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	19 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	20 830-930 Senior H20 <b>10a-11a AquaDance</b>	21 <b>930-1030 WeCoach</b>
23 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	24 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p Aqua Dance</b>	25 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>	26 	27 930-1030 Senior H20 <b>11a-12a WeCoach</b>	28 <b>930-1030 WeCoach</b>
30 830-930 Senior H20 <b>10a-11a WeCoach</b> <b>530p-630p WeCoach</b>					



### **Four Healthy Tips To Follow This Thanksgiving!**

- 1. Exercise before/after you feast and always hydrate.**
- 2. Have a smaller meal earlier in the day to stop the urge to indulge at the larger meal(s).**
- 3. Choose white meat instead of dark meat and as always, don't forget to eat your greens.**
- 4. Just have one piece of dessert and fight the urge to go back for more!**

**Make sure to join our fitness classes throughout the month of November to help prepare for the feasting to come!**

**Call or go online at least ONE DAY prior to sign up!**

# **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

### **WECOACH:**

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

### **\*Pricing\***

Membership required for sign up

All fitness classes included in member-

### **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\*