



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

JANUARY 2021



| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|---|------------------------|
| | | | | 1 NEW YEARS DAY! | 2 930-1030 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 530p-630p WeCoach | 8 830-930 Senior H20 10a-11a WeCoach | 9 930-1030 WeCoach |
| 11 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach | 12 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach | 13 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach | 14 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach | 15 830-930 Senior H20 10a-11a AquaDance | 16 930-1030 WeCoach |
| 18 MLK DAY | 19 830-930 Senior H20 10a-11a WeCoach 530p-630p Aqua Dance | 20 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach | 21 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach | 22 830-930 Senior H20 10a-11a WeCoach | 23 930-1030 WeCoach |
| 25 830-930 Senior H20 10a-11a WeCoach | 26 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach | 27 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach | 28 830-930 Senior H20 10a-11a WeCoach | 29 830-930 Senior H20 10a-11a WeCoach | 30 930-1030 WeCoach |



January is...

Healthy Weight Awareness Month

A couple ways to keep a healthy weight is by dieting and exercising daily!

The CDC states that a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

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



GREENSBORO AQUATIC CENTER

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 membership

Water Exercise Class Descriptions



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