GREENSBORO AQUATIC CENTER

Classes are held in the Recreation Pool, except for **DEEPWATER** classes — these take place in the Training Pool!

Sign Up/Attendance Policies

-Daily Drop Ins– Daily Class Admission is $8 per person.

-Equipment is available for those who wish to use it for fitness.

-If you have any questions on our classes call 336-315-8498.

Pool Policies

-Shower required before entry to pool.

-Lap lanes will stay in for classes.

- Please sanitize equipment before and after each use.

- Please put back any equipment that you use for the class.

AUGUST 2022

Mon	Tue	Wed	Thu	Fri	Sat
1 8a-9a SeniorH20 9:15a-10:15aWeCoach 9:15a-10:15aDeepwater 5:30p-6:30pWeCoach	2 8a-9a Senior H20 9:15a-10:15a AquaDance 5:30p-6:30p WeCoach	3 8a-9a SeniorH20 9:15a-10:15a WeCoach 5:30-6:30p WeCoach	4 8a-9a Senior H20 9:15a-10:15a WeCoach 5:30p-6:30p WeCoach	5 8a-9a Senior H20 9:15a-10:15a WeCoach	6
8 8a-9a SeniorH20 9:15a-10:15aWeCoach 9:15a-10:15aDeepwater 5:30p-6:30pWeCoach	9 8a-9a Senior H20 9:15a-10:15a WeCoach 530p-630p WeCoach	10 8a-9a SeniorH20 9:15a-10:15a WeCoach 5:30-6:30p WeCoach	11 8a-9a Senior H20 9:15a-10:15a WeCoach 5:30p-6:30p WeCoach	12 8a-9a Senior H20 9:15a-10:15a AquaDance	13
15 8a-9a SeniorH20 9:15a-10:15aWeCoach 9:15a-10:15aDeepwater 5:30p-6:30pWeCoach	16 8a-9a Senior H20 9:15a-10:15a AquaDance 5:30p-6:30p WeCoach	17 8a-9a SeniorH20 9:15a-10:15a WeCoach 5:30-6:30p WeCoach	18 8a-9a Senior H20 9:15a-10:15a WeCoach 5:30p-6:30p WeCoach	19 8a-9a Senior H20 9:15a-10:15a WeCoach	20
22 8a-9a SeniorH20 9:15a-10:15aWeCoach 9:15a-10:15aDeepwater 5:30p-6:30pWeCoach	23 8a-9a Senior H20 9:15a-10:15a WeCoach 530p-630p WeCoach	24 8a-9a SeniorH20 9:15a-10:15a WeCoach 5:30-6:30p WeCoach	25 8a-9a Senior H20 9:15a-10:15a WeCoach 5:30p-6:30p WeCoach	26 8a-9a Senior H20 9:15a-10:15a AquaDance	27
29 8a-9a SeniorH20 9:15a-10:15aWeCoach 9:15a-10:15aDeepwater 5:30p-6:30pWeCoach	30 8a-9a Senior H20 9:15a-10:15a AquaDance 5:30p-6:30p WeCoach	31 8a-9a SeniorH20 9:15a-10:15a WeCoach 5:30-6:30p WeCoach			

August is…

… **National Immunization Awareness Month!**
The Centers for Disease Control and Prevention (CDC) sponsors National Immunization Awareness Month in August to highlight the importance of vaccination for people of all ages. Join the conversation by using the CDC's toolkit for reaching parents and patients and sharable graphics to spread the word about National Immunization Awareness Month on your social media channels. You can also share our consumer-friendly MyHealthfinder vaccine resources to help people learn about vaccines they need to stay healthy. And take a look at the Healthy People 2030 Vaccination objectives to learn about national efforts to increase vaccination rates.

We encourage you to step away from your day to day stressors, sign up for a class, and witness the amazing benefits of aquatic exercise!

GREENSBORO AQUATIC CENTER

Water Exercise
Class Descriptions

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!

Pricing

Drop ins $8

All fitness classes included in membership

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 Conditioning:

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

Blast & Burn Circuit:

Combining WeCoach, in-water boxing and bikes to create an exciting variety of equipment usage and explosive workouts.

Deep water:

Participants should be comfortable and able to propel themselves in 7ft deep water. All-over toning and cardiovascular program, with float belt assistance.