

# June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>  5:30-6:30 <b>We Coach</b>	<b>2</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>	<b>3</b>  9:15-10:15 <b>Aqua Dance</b>
<b>4</b>	<b>5</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b> <u><b>5:30-6:30 Deep H2O</b></u> 5:30-6:30 <b>We Coach</b>	<b>6</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>  5:30-6:30 <b>We Coach</b>	<b>7</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>  5:30-6:30 <b>We Coach</b>	<b>8</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>  5:30-6:30 <b>We Coach</b>	<b>9</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>	<b>10</b>  9:15-10:15 <b>Aqua Dance</b>
<b>11</b>	<b>12</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b> 9:00-10:00 <b>Deep H2O</b> 5:30-6:30 <b>We Coach</b>	<b>13</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>  5:30-6:30 <b>We Coach</b>	<b>14</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>  5:30-6:30 <b>We Coach</b>	<b>15</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>  5:30-6:30 <b>We Coach</b>	<b>16</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>	<b>17</b>  9:15-10:15 <b>Aqua Dance</b>
<b>18</b>	<b>19</b> 7:45-8:45 <b>Senior H2O</b> 9:00-10:00 <b>Deep H2O</b> (In TP Deep End) <b>*NO PM WE COACH*</b>	<b>20</b> 7:45-8:45 <b>Senior H2O</b> 9:00-10:00 <b>Deep H2O</b> (In TP Deep End)  5:30-6:30 <b>We Coach</b>	<b>21</b> 7:45-8:45 <b>Senior H2O</b> 9:00-10:00 <b>Deep H2O</b> (In TP Deep End)  5:30-6:30 <b>We Coach</b>	<b>22</b> 7:45-8:45 <b>Senior H2O</b> 9:00-10:00 <b>Deep H2O</b> (In TP Deep End)  5:30-6:30 <b>We Coach</b>	<b>23</b> 7:45-8:45 <b>Senior H2O</b> 9:00-10:00 <b>Deep H2O</b> (In TP Deep End)	<b>24</b>  9:15-10:15 <b>Aqua Dance</b>
<b>25</b>	<b>26</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b> 9:00-10:00 <b>Deep H2O</b> 5:30-6:30 <b>We Coach</b>	<b>27</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>Aqua Dance</b>  5:30-6:30 <b>We Coach</b>	<b>28</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>  5:30-6:30 <b>We Coach</b>	<b>29</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>  5:30-6:30 <b>We Coach</b>	<b>30</b> 7:45-8:45 <b>Senior H2O</b> 8:45-9:45 <b>We Coach</b>	

## WATER FITNESS CLASS DESCRIPTIONS

SENIOR H2O	WE COACH	AQUA DANCE	DEEP WATER
An enjoyable, safe exercise program designed to increase feeling of well being and improved performance of daily activities.	A total body workout that focuses on the 5 components of fitness: cardio, neuromotor, muscular strength, endurance and flexibility,  What you put into these workouts is what you get out of it!	Designed to fire up the core muscles and strengthen your posterior chain muscles. Seniors will learn a gentle way back to the dance styles the love and enjoy!	Designed to tone your muscles and improve your cardio. Participants for this class must be comfortable and able to propel themselves in 7ft section of our pool. This class utilizes floatation belts but each person must be able to do these skills without one.
<b>ALL</b> classes are located in our Recreation Pool.	<b>ALL</b> classes are located in our Recreation Pool.	<b>ALL</b> classes are located in our Recreation Pool.	<b>ALL</b> classes are located in our Training Pool.

## PRICING AND POLICIES

- Daily drop-ins **\$8**
  - Classes are included in monthly memberships.
- Equipment is available to those who wish to use it.
- Showers are required before entering the pool.
- Lap lanes stay in the pool for class and are configured based on our Lap Lane Schedule.
  - The movement of lap lanes after class are not guaranteed during our peak program times.
- Please sanitize equipment after using and put away after class.

### \*Notes- Week of June 19-June 23

ICanSwim Camp will be utilizing the Recreation Pool from 9AM-4PM classes after 8:45AM will be in the Training Pool\*

Questions? Contact our front desk at:

**(336) 315-8498**

Or visit our website:

**[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)**