





# NEW Water Exercise Class Schedule Summer 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 7:40 AM Aqua Fusion  Warm Water Maximum 10	8:30 AM - 9:15 AM Aqua Fusion  Activity Pool Maximum 25	7:00 AM - 7:40 AM Aqua Fusion  Warm Water Maximum 10	8:30 AM - 9:15 AM Aqua Fusion  Activity Pool Maximum 25		7:30 AM to 8:15 AM River Blast  Current Channel Maximum 12
	9:30 AM - 10:15 AM Cardio H2O  Activity Pool Maximum 25		9:30 AM - 10:15 AM Cardio H2O  Activity Pool Maximum 25		11:05 AM - 11:45 AM BOGA Fit \$5 Mem / \$10 non-Mem Lap Lanes Maximum 9
	10:30 AM - 11:10 AM BOGA Yoga \$5 Mem / \$10 non-Mem Lap Lanes Maximum 9		10:30 AM - 11:10 AM BOGA Yoga \$5 Mem / \$10 non-Mem Lap Lanes Maximum 9		
5:30 PM - 6:15 PM DEEP Water  Activity Pool Maximum 15		5:30 PM - 6:15 PM DEEP Water  Activity Pool Maximum 15	<ul style="list-style-type: none"> <li>• All equipment is provided. You are welcome to bring your own equipment to each class.</li> <li>• Teens ages 13-15 may participate in fitness classes if accompanied in the class by an adult.</li> <li>• Modifications to exercise and varying intensity levels are offered.</li> <li>* Punch Passes are available for \$50 for 12 classes. If the participant has an active Grove membership there is a \$45 punch pass available. <b>These will not cover BOGA classes as they are programs that must be registered for on-line.</b></li> </ul>		
7:40 PM - 8:20 PM BOGA Fit \$5 Mem / \$10 non-Mem Lap Lanes Maximum 9		7:40:00 PM - 8:20 PM BOGA Fit \$5 Mem / \$10 non-Mem Lap Lanes Maximum 9			

## Class Descriptions

### Shallow Water & Current Channel | Water Depth: 3 1/2-5 feet

**Cardio H2O:** Travel from shallow to deeper water using water resistance to improve your cardiovascular and muscular endurance and increase strength.

**Aqua Fusion:** Fun, low-impact, cardio exercises that will strengthen your flexibility, balance and coordination. Class is recommended for those who are new to exercise, recovering from injuries, or have any other physical limitations. Class varies by intensity level at the discretion of the instructor.

**DEEP Water:** Aqua belts and shoes provide. Great for full range of motion exercise! Access & Exit class via step ladder.

**River Blast:** Maximize your strength, and core stability in this unique class that utilizes our current channel and vortex to create a powerful resistance workout.

### Lap Lanes | Water Depth: 4 to 6+ feet

**BOGA Yoga:** Combines Yoga & Pilates moves. An aquatic experience that benefits Strength, Balance, Flexibility, Coordination and Core.

### Lap Lanes / Water Depth: 4 to 6+ feet

**BOGA FIT:** A multi level high intensity class. Great for all athletes not just swimmers. Focused to create a powerful resistance workout.

Process to Participate	Aquatic Fitness Pool Policy
<ul style="list-style-type: none"> <li>• Class is held on a first come, first served basis.</li> <li>• Participation cards are required for all classes.</li> <li>• Check in at Front Desk for class participation card.</li> <li>• <b>Only one participation card is issued to each person starting 30 minutes prior to the start of the class.</b></li> <li>• Give participation card to instructor prior to class for attendance.</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Participants must wait for the instructor and lifeguard to be on duty before entering the water and immediately exit the pool once class has finished.</li> <li>• The maximum number of participants per class is listed below each class.</li> <li>• Once all participation cards have been distributed, the class has reached its maximum capacity and you will be denied access to the class.</li> <li>• Instructors will not be allowed to grant access when maximum numbers have been reached due to pool safety ratios and overall space for an effective workout for each participant in the pool.</li> </ul>

Playfrisco.org

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For additional information call 972-292-6600.

**\*Classes/Times/Pool Space/Instructor are subject to change\***

Date revised: 03/17/21

# 2021 Aqua Fitness Holidays

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May 31, 2021	Memorial Day
July 4, 2021	Independence Day
September 6, 2021	Labor Day
Nov. 25 & 26, 2021 Nov. 27, 2021 <b>TBD</b>	Thanksgiving
December 20, 2021 Through January 4, 2022	Winter Holidays
Observe Holiday	Open swim hours

All Aqua Fitness class holidays are subject to change. Additional days may be added, and notification will be given in future editions of the Aqua Fitness schedule.