

# Water Aerobic Description

**Cardio Deep Water Running** – Water belts are worn, so you don't have to be a swimmer. Your head and face are out of the water. At times water dumbbells will be used. At times interval and HITT will be performed. Any level can participate because everyone can go at their own pace. Great fun, challenging, and energizing. So great for your joints and muscles.

**Water Aerobics** – Water fitness class for strengthening, toning and stretching. You will use the kickboard, noodle, & dumbbells. Set to a variety of motivating music from oldies to today's hits. Great workout for all fitness levels.

## Pool Rules

### Open/Family Swim

Children age 12 and under must be accompanied by adult (or person 16 or older).  
Under 8 must have adult in the water with child at all times (Red band must be worn).  
Under 18 must pass swim test to swim in deep end.

### Lap Swim

1 hour Lap Lanes available by reservation.  
Walk-ins are available pending existing reservation

## Swim Team/ Swim Lessons

**Swim Lessons** (Check with Welcome Center or Aquatics for pricing and schedule sessions)

Baby Shark (Parent/Child Group Lessons) Ages 0-3, 4 classes

Group Swim Lessons, Ages 4-18, 8 classes

Youth Private Swim Lessons, Ages 0-18, 6 classes

Adult Private Swim Lessons, Ages 18 and Up, 4 classes

### Twin Pike Torpedoes Swim Team

USA Swimming: Year Round

Heartland Area YMCA: September-March

River Country Summer League: June and July