

## Benefits of Water Exercise

**Increase** strength, flexibility, energy, range of motion, muscle tone, circulation, endurance, balance, coordination and self-esteem.

**Decrease** stress, blood pressure, tension, weight gain, body fat, impact on joints and risk of injury.

**Enhance** well-being, sleeping patterns, recovery time from injuries.

*The water offers continual resistance to every move you make and provides an additional 12 - 14% more resistance than when you exercise on land.*

## Water Exercise Class Pass

Water exercise passes can be purchased at all aquatic facilities. No preregistration is required. One pass allows you to attend any 8 water exercise classes within 1 year.

Prices for an 8 class pass:

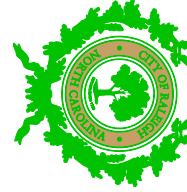
*Raleigh Resident*

Adult \$40    Senior \$32

*Non-Raleigh Resident*

Adult \$52    Senior \$44

*Drop in: \$8 Adult Resident    \$9 Adult Non-Res  
\$6 Senior Resident    \$7 Senior Non-Res*



City of Raleigh Parks, Recreation and  
Cultural Resources Department  
Aquatics Program  
2401 Wade Avenue  
Raleigh, NC 27607  
P&R 6513  
Aquatic Admin

## Water Exercise Classes September-November 2017

### Class Locations

**Buffaloe Road Aquatic Center**  
5908 Buffaloe Road, Raleigh 27616  
919-996-5600

**Millbrook Pool**  
1905 Spring Forest Drive, Raleigh 27615  
919-996-4130

**Optimist Pool**  
5902 Whittier Drive, Raleigh 27609  
919-870-2882

**Pullen Aquatic Center**  
410 Ashe Avenue, Raleigh 27606  
919-996-6197

**Aquatics Program**  
919-996-6852  
[aquatics@raleighnc.gov](mailto:aquatics@raleighnc.gov)  
[parks.raleighnc.gov/aquatics](http://parks.raleighnc.gov/aquatics)



# Class Descriptions & Intensity Levels

## Intensity Scale

Level 1-2 Low intensity      Level 3 Moderate intensity      Level 4-5 High intensity

## Shallow Water Classes

### Join-t Class (Level 1-2)

This class is designed for people with arthritis, fibromyalgia or other conditions that would benefit from range of motion exercises in **warm water** (88-89 degrees).

### Current Channel Challenge (Level 2-4)

Combination use of current channel and shallow water area. Also modified into a family format for all ages. Offered only at Buffaloe Road Aquatic Center.

### Hydro-fusion (Level 2-4)

This class offers a variety of continuous exercises to gain muscular strength, coordination, and cardiovascular endurance.

### Water Walking (Level 1-2)

Class includes range of motion, long movements and basic cardiovascular workout.

### Water Walking Plus (Level 2-3)

Class involves faster movements with exercises and combination movements than those in the water walking classes for the more advanced water walker.

## Deep Water Classes - (Exercise belts provided)

### Intervals (Level 3-4)

Combination of high and low intensity exercises.

### Power Hour (Level 4-5)

Quick, continuous and powerful movements with no impact for the advanced exerciser.

*Classes subject to change. Visit [parks.raleighnc.gov](http://parks.raleighnc.gov), keyword search Raleighaqua for updated information.*

# Class Schedule

## Buffaloe Road Aquatic Center

### Shallow Water

T/TH 10:30-11:30am Channel Challenge

*\*Must be at least 48 inches tall*

## Millbrook Exchange Pool

**Closed until October 1st**

### Shallow Water

M/W/F 9-10am Water Walking

Tues\* 7-8 pm Hydro-fusion

*\*This class meets the 1st/3rd Tuesdays of October only*

### Deep Water

T/TH 6-7pm Power Hour

Sat 8-9am Power Hour

*\*Millbrook classes will meet at Optimist during the closure*

## Optimist Pool

**Closed October 2-29, 2017**

### Shallow Water

M/W/F 9-10am Water Walking Plus

M/W/F 10-11am Hydro-fusion\*

T/TH 9-10am Hydro-fusion\*

### Deep Water

MWF 11-12am Intervals\*

*\*these classes will be held at Millbrook during the closure*

## Pullen Aquatic Center

### Shallow Warm Water

M/W/F 9:45-10:45am Join-t Class

### Deep Water

M/W/F 8:30-9:30am Intervals

M/W/F 11am-12pm Intervals

W 6-7pm Intervals