Benefits of Water Exercise
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 of purchase.

Prices for an 8 class pass:

- Raleigh Resident
  - Adult: $40
  - Senior: $32

- Non-Raleigh Resident
  - Adult: $52
  - Senior: $44

Would you like to try a class?
Come “drop in” for one class:

Drop in fees:

- Adult Resident: $8
- Adult Non-Res: $9
- Senior Resident: $6
- Senior Non-Res: $7

Class Locations

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

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

- **Optimist Pool**
  5902 Whittier Drive
  Raleigh, NC 27609
  919-996-2790

- **Pullen Aquatic Center**
  410 Ashe Avenue
  Raleigh, NC 27606
  Closed for Maintenance

Aquatics Program
919-996-6852
aquatics@raleighnc.gov
parks.raleighnc.gov/aquatics

Water Exercise Classes
November - December 2018

- CHANNEL CHALLENGE
- HYDRO-FUSION
- INTERVALS
- JOIN-T
- PILATES
- WATER – WALKING
- POWER HOUR

Aquatics Program
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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.
BRAC:  T/TH  10:15-11:15 am

Current Channel (Level 2-4)
Combination use of current channel and shallow water area and available for families. Offered only at Buffaloe Road Aquatic Center.
BRAC:  T/TH  10:30-11:30 am

Hydro-fusion (Level 2-4)
This class offers a variety of continuous exercises to gain muscular strength, coordination and cardiovascular endurance.
OPTIMIST:  M/W/F  10-11:00 am
OPTIMIST:  T/TH  9-10:00 am

Pool-Pilates (Level 1-2) This non-impact routine improves flexibility and puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance.
MILLBROOK:  T/TH  10-11:00 am
Additionally, no class 11/29 & 12/27

Water Walking (Level 1-2) Class includes range of motion, long movements and basic cardiovascular workout.
MILLBROOK:  M/W/F  9-10:00 am

Water Walking Plus (Level 3)
Advanced walking with faster movements, exercises and combination movements.
OPTIMIST:  M/W/F  9-10:00 am

Deep Water Classes

(Exercise belts provided)

Power Hour (Level 4-5)
Quick, continuous and powerful movements that challenge and develop core strength.
MILLBROOK:  T/TH  6-7:00 pm
MILLBROOK:  SAT  8-9:00 am

Intervals: (Level 2-3)
Combination of high and low level exercises. An exercise belt can be used for support and additional equipment can be used to increase resistance.
OPTIMIST:  MWF  11-12:00 pm
MILLBROOK:  MWF  8:30-9:30 am

ALL Water Exercise
Classes cancelled the following days:
Nov. 22-23, 2018
Dec. 24-26, 2018
Jan. 1, 2019

At-a-Glance

Class Schedule

Shallow Water
Monday/Wednesday/Friday
9-10 am  Water Walking  Millbrook
9-10 am  Water Walking+  Optimist
10-11 am  Hydro –fusion  Optimist

Tuesday/Thursday
9-10 am  Hydro-fusion  Optimist
10-11am  Pool-Pilates  Millbrook

Deep Water
Monday/Wednesday/Friday
8:30-9:30 am  Intervals  Millbrook
11-12 pm  Hydro-Pilates  Millbrook
11-12 pm  Intervals  Optimist

Tuesday/Thursday
6-7pm  Power Hour  Millbrook

Saturday
8-9am  Power Hour  Millbrook

Pool Closures:
All pools closed Nov. 22-23, Dec. 24-25 and close at 12 noon on Dec 31 and open at 12 noon Jan 1, 2019

Pullen Aquatic Center:  Closed for Maintenance