

# 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](mailto:aquatics@raleighnc.gov)  
[parks.raleighnc.gov/aquatics](http://parks.raleighnc.gov/aquatics)

## 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*

# Water Exercise Classes November -December 2018

## CHANNEL CHALLENGE

## HYDRO-FUSION

## INTERVALS

## JOIN-T

## PILATES

## WATER -WALKING

## POWER HOUR

## Aquatics Program

919-996-6852

[aquatics@raleighnc.gov](mailto:aquatics@raleighnc.gov)

[parks.raleighnc.gov/aquatics](http://parks.raleighnc.gov/aquatics)



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

# 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 Buffalo 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
10-11 am	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
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### Saturday

8-9am	Power Hour	Millbrook
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### 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