

## 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:

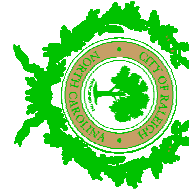
*Raleigh Resident*

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 April 1, 2018— June 1, 2018

### 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 Buffalo Road Aquatic Center.

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

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

**Pool-Pilates (Level 1-2) (Warm Water Pool)** This non-impact exercise routine improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

**Water Walking (Level 1-2)** Class includes range of motion, long movements and basic cardiovascular workout.

#### **Water Walking Plus (Level 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.

#### ***NEW!!* Hydro-Pilates-DEEP (Level 3-4)**

This is core challenging Pool-Pilates in deep water with a variety of continuous exercises to gain muscular strength, coordination, and flexibility.

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

### Shallow Water

M/W/F 9-10am Water Walking

\*T 7-8:00pm Hydro-fusion

*\*Only meets 1st & 3rd Tuesdays of the Month*

### Deep Water

T/TH 6-7pm Power Hour

Sat 8-9am Power Hour

## **Optimist Pool**

### 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

## **Pullen Aquatic Center**

### Shallow Warm Water

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

T/TH 10:00am- 11:00pm Pool-Pilates

### Deep Water

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

M/W/F 11am-12pm Intervals

W 6-7pm Intervals

\*\*T/TH 11:00 am-12pm Hydro-Pilates

**\*\*NEW— begins April 5, 2018**