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

**Class Locations**

**Buffalo Road Aquatic Center**
5908 Buffalo 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
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.

NEW! 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.

NEW!! POWER Hydro-Pilates (Level 3-4)
This is a little faster paced than Pool-Pilates, but LOW impact with 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, 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
Shallow Water
M/W/F 9-10am Water Walking
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 11:00 am- 12:00 pm Pool-Pilates
Shallow Water
*T/TH 12-1:00 pm Hydro-Pilates
Deep Water
M/W/F 8:30-9:30am Intervals
M/W/F 11am-12pm Intervals
W 6-7pm Intervals
*NEW– Classes begin January 15, 2018