

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:

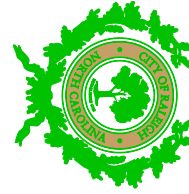
Raleigh Resident

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*



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

Water Exercise Classes June 3, 2018 - August 31, 2018

Class Locations

Biltmore Pool

701 Crown Crossing Lane, Raleigh 27616
919-837-6736

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
919-996-2791

Lake Johnson Pool

5863 Jaguar Park Drive, Raleigh 27606
919-233-2111

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.

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.

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.

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, keyword search Raleighaqua for updated information.

Class Schedule

***NEW - Biltmore Pool**

Shallow Water

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

Deep Water

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

**Begins June 12, 2018*

Buffaloe Road Aquatic Center

Shallow Water

T/TH 10:15-11:15am Join-t Class

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

***NEW- Lake Johnson Pool**

Deep Water

T/TH 8:30-9:30am Intervals

**Begins June 5, 2018*