Town of Tonawanda Aquatic & Fitness Center

One Pool Plaza, Tonawanda, NY 14223 ~ 876-7424

Fees payable to: Town of Tonawanda

Aquatic Fitness Classes January 2nd - February 19, 2017

CODE #	CLASS	DATES	DAY	TIME	CLASS FEES MEM/NON-MEM
142084-01	*Waterobics (Mary D.)*	1/2 – 2/17	M/W/F	7:45 - 8:45 am	$63/$105
142081-01	*Aqua-Fit (Mary D./Amy)*	1/2 – 2/17	M/W/F	9:00 - 10:00 am	$63/$105
142083-03	*Gentle Aqua Fusion (Penny)*	1/2 – 2/17	M/W/F	10:15 - 11:15 am	$63/$105
142083-01	*Gentle Watercise (Mo)*	1/2 – 2/17	M/W/F	11:20 - 12:20 pm	$63/$105
142085-01	*Aqua Zumba (Charlene)*	1/4 – 2/15	W	5:50 - 6:35pm	$16/$27 *Only 45 mins*
142086-01	*Aqua Boot Camp NO WALK-INS (Joe)*	1/2 – 2/15	M/W	6:30 - 7:30 pm	$42/$70
142081-02	*Aqua-Fit (Amy)*	1/3 – 2/16	T/THU	9:10 - 10:10 am	$42/$70
142083-02	*Gentle Watercise (Joan)*	1/3 – 2/16	T/THU	11:30 - 12:30 pm	$42/$70
142082-01	*Deep Water (Mary D.)*	1/3 – 2/16	T/THU	5:05 - 6:05 pm	$42/$70
142084-02	*Waterobics (Cynthia)*	1/3 – 2/16	T/THU	6:10 - 7:10 pm	$42/$70
142087-01	*Sunday Splash (Joan)*	1/8 – 2/19	SUN	10:30 - 11:30 am	$21/$35

Member Registration - Monday, December 12, 2016

Non-Member & Online Registration - Monday, December 19, 2016

Note To All Non-Members: Registration entitles you to participate in the class ONLY

Class Descriptions

Aqua Boot Camp: *A rigorous conditioning class that consists of circuit training, swimming, treading water, and military style drills. Participants must be comfortable swimming and treading water at length. A cap and goggles are suggested for this class. A swimming background is recommended. Only registered participants will be accepted, no walk-ins. This class is flagged as strenuous and difficult.*

Aqua-Fit: *30 mins. of moderate intensity aerobic conditioning and 30 mins of exercises using resistance equipment followed by a 10 minute cool down.*

Aqua Zumba: *Fluid Latin dance water exercise that gets your heart rate up and keeps a smile on your face!*

Gentle Aqua Fusion: *Aqua Fusion is a combination of water aerobics, pilates, and dance designed to tone and strengthen the entire body. It emphasizes engaging the core to improve stability and balance.*

Deep Water: *This class will offer 45 minutes of INTENSE cardio performed in the deep end of the pool utilizing resistance cuff, belts, noodles, and aquatic dumb-bells. Having a background in water aerobics is suggested.*

Gentle Watercise: *This class provides an environment for our friends with joint problems to participate in an exercise program that will work on maintaining flexibility, range of motion, endurance, strength, balance and coordination.*

Sunday Splash: *This class will be adjusted to accommodate the needs of all its participants. Movements will be modeled on different levels of difficulty. A variety of cardio and strength exercises will be included.*

Waterobics: *An advanced program of 30 to 40 minutes of aerobics, followed by strengthening exercises. Resistance equipment will be used in this class!*

POOL TEMPERATURE IS KEPT BETWEEN 82 and 83 DEGREES

Joseph H. Emminger, *Supervisor*
Town of Tonawanda

Dan Crangle, *Councilman*
Chairman, Youth, Parks & Recreation Committee

Jeffrey P. Ehlers, *Director*
Youth, Parks & Recreation Department