

# Aquatic Exercise Weekly Schedule

**JANUARY 4 - MAY 20, 2026**

NO class on 1/19, 2/16, 4/6, 4/7, 4/8, 4/9 & any SNOW DAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING						
<b>Activity Pool</b>	<b>SWAP Shallow</b> 9:15 - 10:05 am	<b>ROM Shallow</b> 10:45 - 11:35 am	<b>SWAP Shallow</b> 9:15 - 10:05 am	<b>ROM Shallow**</b> 10:45 - 11:35 am			
<b>Lap Pool</b>	<b>Total Immersion Deep Water</b> 10:15-11:05am	<b>Total Immersion Deep Water</b> 9:45-10:35am	<b>Total Immersion Deep Water</b> 10:15-11:05am	<b>Total Immersion Deep Water</b> 9:45-10:35am			
	EVENING						
<b>Activity Pool</b>							
<b>Lap Pool</b>		Total Immersion Deep Water 6:35 - 7:25 pm		Total Immersion Deep Water 6:35 - 7:25 pm			

**\*\* Thursday, Jan 8 class will be held from 11:30 - 12:15pm**

### Class Descriptions

**SWAP (Shallow Water Aerobics Program)** - SWAP out your traditional aerobics class for this total body water workout. A little bit of everything. Build your cardiovascular endurance, increase your muscular strength, and enhance flexibility. This 50 minute class is set to exhilarating music. Noodles and aqua dumbbells are provided. Class limit 24 participants per class.

**Total Immersion (Deep Water Workout)** - If you are looking for both a cardio and strengthening class that is total non-impact, then this is the class for you! Swimming experience is required. A floatation belt will keep you vertical and buoyant. Class format include Tabata, Bootcamp, and general water exercise set to fun, motivating music. Noodles, floatation belts, and aqua dumbbells are provided. Class limit 20 participants per class.

**ROM (Range of Motion)** -Individuals will use gentle movements to help increase range of motion head to toe while decreasing stiffness and pain. A good class for individuals returning to exercise after injury, or those with joint or muscle related illness. Class limit 30 participants per class.

### PRICING

Class Passes	Member	Resident	Non-Resident
5 Class Pass	\$28	\$33	\$38
10 Class Pass	\$53	\$63	\$73
15 Class Pass	\$75	\$90	\$105
20 Class Pass	\$91	\$111	\$131
Drop-in \$8/Member \$10/Non-member			

### Water Exercise Program Pass

2026 passes may be purchased any time and is good for any water exercise class

The pass expires 12/17/26 and there are NO refunds for lost/stolen passes or unused classes

The front desk will give you a numbered ticket to be given to instructor

There are no classes held on the above days listed or when Strongsville has snow days