

FOUNTAIN PARK RECREATION CENTRE

Winter 2012 Drop In Fitness Descriptions

Wake Up Workout: Start your day with this fun and challenging class! Sessions varying in intensity emphasize flexibility, strength, cardio endurance and core stability. Monday, Wednesday and Friday are in the shallow end and Tuesday and Thursday are in the deep end of the leisure pool. Aqua Pilates is on Fridays.

Fit For Life: Add some variety to your week. Monday, Tuesday, Thursday and Friday are shallow water workouts in the leisure pool. Join us Wednesday in the deep end of the leisure pool as we get Fit For Life.

50+ Club: This class is relaxed, fun and effective! Taught in the shallow end of the leisure pool, participants will work on flexibility, muscle strength and cardio endurance.

Shallow Water Karataquatics: This class combines Karate principles and aquatics. It is a program for total fitness and uses only the resistance of water in the leisure pool as it's workout factor.

Shallow Water: This program is a safe, enjoyable and well-balanced shallow water aerobic workout to music. Taking place in the leisure pool, it is appropriate for non-swimmers, pre/post natal women and people of all ages and fitness levels. The program includes both cardiovascular and muscular strength training components. If you have any concerns or special needs, please talk to the instructor.

Deep water: This is a class with a mixture of deep water running, strength and toning exercises. Appropriate for all participants who are comfortable in deep water while wearing an aqua-belt to keep you afloat. This class takes place in the competition pool except on Saturday mornings (7 & 8 a.m. classes) when it is in the deep end of the leisure pool.

Aqua Flex: This class is for people with arthritis or decreased mobility. Aqua Flex is in the shallow or deep end of the leisure pool, depending on your ability.

Baby Weights: No need to leave your baby behind, together you can have great workout! This class is designed to promote parent and tot fun and fitness in the leisure pool. Stay after the class and join pre-school plunge. Please note baby boats are limited.

Power Toning: A deep water class in the leisure pool, designed to build muscular strength and endurance. This class has been scheduled to co-ordinate with you child's evening swim class. Please see the administrative staff for more details.

Fitness Conditioning: Coached workouts for distance training and skill development. Great for people who want: fitness-learn to swim program, introduction to distance swimming, introduction to competitive swimming or training for Masters Competitions. Fitness Conditioning coaches are certified through the Canadian Amateur Swimming Association.

JANUARY 3 TO MARCH 25, 2012							
ADMISSION RATES	AGES	DAILY	MULTIPLE VISITS			PASSES	
	Years	\$	10	20	30	1 Month	Annual
Adult	18 plus	\$5.25	\$47.25	\$89.25	\$126.00	\$45.15	\$401.10
Senior	60 plus	\$4.25	\$38.33	\$72.45	\$102.06	\$32.55	\$325.50
Youth	13 - 17	\$4.25	\$38.33	\$72.45	\$102.06		
Child	2 - 12	\$3.25	\$29.30	\$55.44	\$78.12		
Tot	Under 2	Free					
Family		\$14.75				\$96.60	\$748.65
RENTAL RATES		\$ PER HOUR					
Small Pool		\$52.50					
Leisure Pool		\$136.50					
Competition Pool		\$112.35					
Meeting Rooms		\$39.90					
Frolic's Adventure Centre		\$39.90					

