

Aquatics Division

The facility offers many Water Fitness Activities to fit your schedule. The minimum age for classes is 12. Depending on the swimming ability of the child, the parent may be required to attend class with the child. Participants ages 12 to 17 must have a parent or guardian sign a waiver form for them to participate in class. If you need assistance in choosing the appropriate water fitness class for yourself, please feel free to call (330) 468-8372.

Water Fitness Activities

Arthritis Foundation

Aquatic Exercise Program

Instructor: Debbie Pekar & Joan Krantz

This class is designed for individuals with arthritis. It is not intended to replace a prescribed regimen of therapeutic exercises. The warmth and buoyancy of the water can help decrease pain and/or stiffness and help improve or maintain joint flexibility. The Activity Pool is kept at 86 - 87 degrees and allows for easy access. The class takes place in shallow water. You need to be comfortable in the pool but do not need to know how to swim in deep water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/20 classes)	No Class Sept. 6		
	Sept. 8 - Oct. 22	10:30-11:30 a.m.	M/W/F
	Fee: Program \$70/ Resident \$60 / Member \$50		

Fall I (7 weeks/14 classes)	Sept. 7 - Oct. 21	11:15 a.m.-12:15 p.m.	T/TH
	Fee: Program \$49/Resident \$42/Member \$35		

Fall II (8 weeks/21 classes)	No Class week of Nov. 22		
	Oct. 25 - Dec. 17	10:30-11:30 a.m.	M/W/F
	Fee: Program \$73/ Resident \$63/ Member \$53		

Fall II (8 weeks/14 classes)	No Class week of Nov. 22		
	Oct. 26 - Dec. 16	11:15 a.m.-12:15 p.m.	T/TH
	Fee: Program \$49/Resident \$42/Member \$35		

Water Works

Instructor: Roberta Bandfield

This shallow water aerobic workout uses every muscle in your body. Combine weight resistance, aerobic activity and flexibility in a great 1-hour, total body workout. Use this workout to cross train for any sport.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)	Sept. 11 - Oct. 22	8:15-9:15 a.m.	Sat
	Fee: Program \$42 / Resident \$35 / Member \$28		

Fall II (8 weeks/7 classes)	No Class Nov. 27		
	Oct. 30 - Dec. 18	8:15-9:15 a.m.	Sat
	Fee: Program \$42 / Resident \$35 / Member \$28		

Drop In Fee

When space is available you may pay per class.

Program Fee	Mac. Res. Fee	Member Fee
\$7.00	\$6.00	\$5.00

Aqua Shape N Tone

Instructor: Debbie Pekar

Try a new twist to the traditional water work out! This class is designed to keep you moving while you enjoy socializing with friends at the rec. center. Our water exercise instructors will help you gain cardiovascular endurance, muscular strength, and improve your range of motion with less joint impact in our 84 degree lap pool.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/20 classes)	No Class Sept. 6		
	Sept. 8 - Oct. 22	9:00 - 10:00 a.m.	M/W/F
	Fee: Program \$105/ Resident \$85/ Member \$65		

Fall II (8 weeks/21 classes)	No Class week of Nov. 22		
	Oct. 25 - Dec. 17	9:00 - 10:00 a.m.	M/W/F
	Fee: Program \$110/ Resident \$90/ Member \$70		

NEW! Aqua Fitness Fusion

Instructor: Kris Kearns

This Fitness Fusion Class will help you achieve your fitness goals - Definitely a fun class! A low impact, high energy class using a combination of exercises designed to improve your cardiovascular system and muscle tone without the traditional wear and tear on your body. Integrated stretching exercises that seamlessly flow from one to the next helping to create long lean muscles during the recovery period and cool down portion of the class.

Drop ins welcome. Coupon accepted

Session	Date (s)	Time	Day
Fall I (7 weeks/14 classes)	Sept. 7 - Oct. 21	6:30-7:30 p.m.	T/TH
	Fee: Program \$84/Resident \$70/Member \$56		

Fall II (8 weeks/14 classes)	No Class week of Nov. 22		
	Oct. 26 - Dec. 16	6:30-7:30 p.m.	T/TH
	Fee: Program \$84/Resident \$70/Member \$56		

Water Fitness Activities

SilverSneakers® SilverSplash®

FREE CLASS FOR SILVERSNEAKERS MEMBERS

Instructor: Debbie Pekar

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/14 classes)			
	Sept. 7 - Oct. 21	9:00-10:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		
Fall II (8 weeks/14 classes)	No Class week of Nov. 22		
	Oct. 26 - Dec. 16	9:00-10:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		

NEW! Aqua Fitness Medley

Instructor: Tanya Cady

Boost your energy level and experience increased strength and flexibility! This class combines the benefits of aerobic conditioning with resistance training through the use of hand bells, boards, and noodles. Class suitability can be adjusted to all ages and abilities. Be prepared to see your strength and endurance grow as you work your muscles in easy to follow patterns. This workout can be as challenging as you wish to make it!

Drop ins welcome. Coupon accepted.

Fall I (7 weeks/14 classes)			
	Sept. 7 - Oct. 21	10:00-11:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		
Fall II (7 weeks/14 classes)	No Class week of Nov. 22		
	Oct. 26 - Dec. 16	10:00-11:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		

Deep Water Aerobics

Instructor: Debbie Pekar & Joan Krantz

Experience the training intensity of deep-water exercise. This class will incorporate aerobic training, strengthening, stretching, muscle conditioning, range of motion, interval training and circuit training. Participants will wear a water belt for the deep-water portion of this class.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/20 classes)			
	Sept. 8 - Oct. 22	8:00-9:00 a.m.	M/W/F
	Fee: Program \$105/ Resident \$85/ Member \$65		
NEW! Fall I (7 weeks/14 classes)			
	Sept. 7 - Oct. 21	8:00-9:00 a.m. 10:00 - 11:00 a.m.	T/TH
	Fee: Program \$74/ Resident \$60/ Member \$46		
Fall II (8 weeks/21 classes)			
	Oct. 25 - Dec. 17	8:00-9:00 a.m.	M/W/F
	Fee: Program \$110/ Resident \$90/ Member \$70		
NEW! Fall II (7 weeks/14 classes)			
	Oct. 26 - Dec. 16	8:00-9:00 a.m. 10:00 - 11:00 a.m.	T/TH
	Fee: Program \$74/ Resident \$60/ Member \$46		

NEW! Home School Program

MFRC classes for home-schooled kids are designed with fun and learning in mind. Our Aquatics and Recreation Coordinators have combined their expertise to design a fun, variety filled program just for home-schooled kids. Each week, participants will receive swim lessons and activities, as well as free swim time! Come have fun and meet new friends along the way!
No Drop ins. No Coupon.

Tuesday / Thursday 11:20 – 1:00 pm
Fee: Program - \$140 Resident - \$126 Member - \$112