



Aquatic Lessons & Programs Continued



See Our Brochure For Rates & Times

Aquatic Aerobics

This class takes place in chest-deep water.

Class format includes a warm-up, aerobic segment, cool down, endurance and stretch segment.

In a group atmosphere, participants will experience increased cardiovascular conditioning, flexibility and a lot of fun.

Deep Water Aerobics

This class takes place in deep water to increase stamina while eliminating stress on all joints.

It is a cardiovascular workout designed to strengthen muscles and increase range of motion.

Swimmers and non-swimmers are welcome.

Arthritis Aquatic Exercise

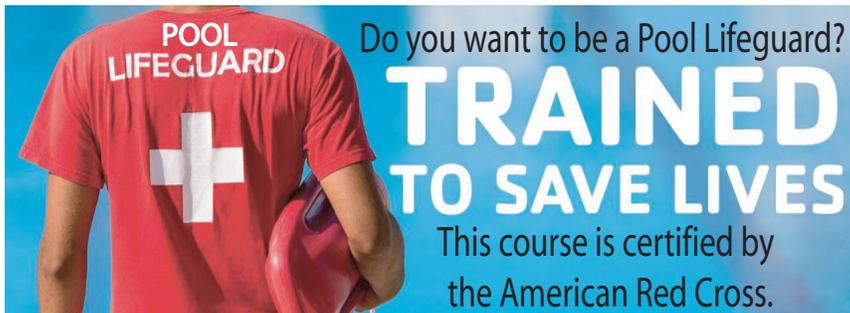
Help manage your arthritis, have fun & exercise at the same time.

Trained instructor guides participants through a series of specially designed low-impact exercises. Exercises are performed in waist to chest-deep water and are designed to decrease pain and stiffness and increase range of motion, strength & endurance without putting stress on the joint.

Participants do not need a physician's consent form.

**Got Questions?
Call 609-494-8861**

LIFEGUARD TRAINING



Ages 15 & Up

You must have strong swimming ability. Upon successful completion, participants will receive American Red Cross Certification in Lifeguarding, First Aid, CPR for the Professional Rescuer, AED & Preventing Disease Transmission.

All participants must complete the following prerequisites:

1. Swim 300 yards continuously in the following order:

100 yards of front crawl using rhythmic breathing (breathing to the side or front) and a stabilizing propellant kick; 100 yards of breaststroke; and, 100 yards of either front crawl or breaststroke using rhythmic breathing.

2. Starting in the water, swim 20 yards using front crawl or breaststroke; surface dive 7 to 10 feet; retrieve a 10 pound object; return to the surface; and, swim 20 yards back to starting point with the object, and exit the water without using a ladder or steps, within 1 min. 40 seconds.

If you have concerns about your ability to complete the pre-requisites, please schedule a swimming skill evaluation by calling 609-494-8861 ext. 187.