

# AQUATIC CLASS DESCRIPTIONS

## **H<sub>2</sub>O TURBO**

This aerobic class offers a vigorous, shallow water workout. 35 minutes of aerobic and strength intervals, 25 minutes of core and stretch work and a cool-down. Equipment will be used occasionally and the focus of H<sub>2</sub>O Turbo will be to enthusiastically move the water!

## **WATER WORKS**

A total body work-out to music which will emphasize body alignment, core strength, cardio fitness and flexibility. Equipment is available to increase the intensity of your work-out and provide flotation support in the deep end. "Jump in" to this fun class with Suzanne and experience how water works!

## **TOTAL TONE**

A full body work out with Michael that provides both aerobic conditioning and core strength exercises. Emphasis is on proper form and posture for noticeable conditioning improvements. You will love the challenge and variety of exercises.

## **SOFTCORE**

This class was designed for, but not limited to, the regular aquatic participant. Format takes place out of water and focuses solely on posture, balance, and stability without the support of water. Gradual introduction of strength and resistance elements will be encouraged.

## **HYDRO FIT**

A complete workout that provides aerobic intervals, strength and resistance training, flexibility work, and FUN. Jean's dedication and commitment to her class participants is wonderful. You definitely want to join her.

## **POWER PLUNGE**

Take the "Plunge" with this terrific 1 1/2 hour class. Cynthia separates this class into two forty-five minute segments. One dedicated to strength and cardio and the other to flexibility and stability. Don't miss the enthusiasm and terrific instruction of this class.

## **AQUA MIX**

This class combines both shallow and deep water cardio exercises, with strength training and stretching. An excellent full body conditioning format.

## **AQUA CORE**

Combinations of cardiovascular exercise, with particular emphasis on core strength, balance, and flexibility are Mary's focus in this class. Use of equipment, exercise tubing and water weights, will add a level of challenge to this full body workout.

## **PRIVATE & GROUP SWIM LESSON**

Private, semi-private and group lessons are available for all ages and levels. Please see the Aquatics Director for information and a free swimming assessment.

## **LAP SWIM**

During Lap Swim all lanes of the pool are reserved for lap swimmers.

## **OPEN SWIM**

Pool is unreserved and available for members' enjoyment.

1472 Chain Bridge Road, McLean, VA  
 www.mcleanracquetandhealthclub.com

Effective November 2005

<b>MON.</b>	<b>TUES.</b>	<b>WED.</b>	<b>THURS.</b>	<b>FRI.</b>	<b>SAT.</b>	<b>SUN.</b>
SWIM LESSONS LAP SWIM 6-10 am	SWIM LESSONS LAP SWIM 6-9:30 am	SWIM LESSONS LAP SWIM 6-9:30 am	SWIM LESSONS LAP SWIM 6-9:30 am	SWIM LESSONS LAP SWIM 6-9:30 am	LAP SWIM 7-9 am	LAP SWIM 7-10 am
POWER PLUNGE! Cynthia 10 am 90 Min Lvl ML	H2O TURBO Staff 9:30 am 75 Min Lvl ML	H2O TOTAL TONE Mike 9:30 am 75 Min Lvl ML	SPLASH DANCE David 9:30 am 75 Min Lvl ML	H2O TOTAL TONE Mike 9:30 am 75 Min Lvl ML	WATER WORKS Suzanne/David 9 am 90 Min Lvl ML	AQUA-MIX Mary 10 am 75 Min Lvl ML
SOFT CORE (Fitness) 12 pm 30 Min Lvl ML	SWIM LESSONS OPEN SWIM 10:45-7 pm	SWIM LESSONS OPEN SWIM 10:30-6:30 pm	SOFT CORE (Fitness) 11:30 am 30 Min Lvl ML	SWIM LESSONS OPEN SWIM 10:45-9 pm	SWIM LESSONS OPEN SWIM 10:30-9:30 pm	SWIM LESSONS OPEN SWIM 11:30-4 pm
SWIM LESSONS OPEN SWIM 11:30-6:30 pm	HYDRO FIT Jean 7 pm 60 Min Lvl ML	AQUA-CORE Mary 7 pm 60 Min Lvl ML	SWIM LESSONS OPEN SWIM 10:45-7 pm	LAP SWIM 9-10:30 pm	WATER WORKS Suzanne 4 pm 60 Min Lvl ML	
OPEN SWIM 6:30-9 pm	OPEN SWIM 8-9 pm	OPEN SWIM 8-9 pm	HYDRO FIT Jean 7 pm 60 Min Lvl ML			OPEN SWIM 5-9:30 pm
LAP SWIM 9-10:30 pm	POWER 1/2 HOUR CIRCUIT FIT (Fitness) 8:30 pm 30 Min Lvl ML	LAP SWIM 9-10:30 pm	OPEN SWIM 8-9 pm			
	LAP SWIM 9-10:30 pm		LAP SWIM 9-10:30 pm			

- \* During Open Swim, lap swimming is only allowed in the reserved lap lane.
- \* One lane will be open at all times for Lap Swimming — PLEASE SHARE THE LANES.  
CIRCLE SWIM, 30 MINUTE TIME LIMIT WHILE OTHERS ARE WAITING.
- \* No children under 8 years of age may be left unattended.
- \* Any child 8 to 12 unaccompanied by an adult must pass a swim test.(See Lifeguard for details)
- \* During swim clinics only one lane is open, please share the lanes.
- \* During Open Swim time one lane might be used for the swimming lesson.

**Kids under 16  
 are not  
 permitted to  
 use hot tub**