

AQUATIC CLASS DESCRIPTIONS

H₂O 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 H₂O 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!

YOGA-AFLOAT®

This class is a unique combination of traditional yoga poses with additional dynamic moves that improve joint range of motion, balance, flexibility and muscular strength. Cynthia provides a truly beneficial format.

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 1½ 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 September 2005

| MON. | TUES. | WED. | THURS. | FRI. | SAT. | SUN. |
|---|---|---|--|---|---|--|
| 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 | H2O TURBO Staff 9:30 am 75 Min Lvl ML | H2O TOTAL TONE Mike 9:30 am 75 Min Lvl ML | WATER WORKS Suzanne 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 | POWER 1/2 HOUR CIRCUIT FIT (Fitness) 6:00 pm 30 Min Lvl ML | 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 | LAP SWIM 9-10:30 pm | | 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**