

# 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 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 March 2007

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	SWIM LESSONS LAP SWIM 7-9 am	SWIM LESSONS LAP SWIM 7-10 am
POWER PLUNGE! Cynthia 10 am 90 Min Lvl ML	H2O TURBO Kelly 9:30 am 75 Min Lvl ML	H2O TOTAL TONE Mike 9:30 am 75 Min Lvl ML	H2O TURBO Kelly 9:30 am 75 Min Lvl ML	H2O TOTAL TONE Mike/Deb 9:30 am 75 Min Lvl ML	AQUA CORE Mary 9 am 90 Min Lvl ML	AQUA-MIX Mary 10 am 75 Min Lvl ML
OPEN SWIM SWIM LESSONS 11:30 am-9 pm	SWIM LESSONS OPEN SWIM 10:45 am -4 pm	SWIM LESSONS OPEN SWIM 10:45 am-7 pm	SWIM LESSONS OPEN SWIM 10:45 am-7 pm	SWIM LESSONS OPEN SWIM 10:45 am-9 pm	SWIM LESSONS OPEN SWIM 10:30 am-9:30 pm	SWIM LESSONS OPEN SWIM 11:15am-3:15 pm
LAP SWIM 9-10:30 pm	SOFT CORE (Fitness) 12:00 pm 30 Min Lvl ML	SOFT CORE Deb 11:30 am 30 Min	HYDRO FIT Jean 7 pm 60 Min Lvl ML	SOFT CORE Deb 11:30 am 30 Min		WATER WORKS Suzanne 3:15 pm 60 Min Lvl ML
	SWIM CLINICS 4-7 pm	AQUA-CORE Mary 7 pm 60 Min Lvl ML	OPEN SWIM 8-9 pm	LAP SWIM 9-10:30 pm		SWIM CLINICS 4:15-7:15 pm
	HYDRO FIT Jean 7 pm 60 Min Lvl ML	OPEN SWIM 8-9 pm				SWIM LESSONS OPEN SWIM 7:15 pm-9:30 pm
	OPEN SWIM 8-9 pm	LAP SWIM 9-10:30 pm				
	LAP SWIM 9-10:30 pm					

- \* AM H2O classes automatically receive 3 lanes
- \* During Open Swim, lap swimming is only allowed in the reserved lap lane, and one lane may be used for a swim lesson.
- \* 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 for lap swimming.

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