

# Water Aerobics Classes

## Joint Efforts:

Monday – Friday 9:00 am – 9:55 am  
Monday – Friday 11:00 am – 11:55 am

\*Therapy pool closed to non-class participants if 15 people are in the class



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## Aquacise:

Mon, Wed, and Fri 6:00 am – 6:55 am  
Monday – Friday 8:00 am – 8:55 am  
Monday – Friday 9:00 am – 9:55 am  
Saturday 8:30 am – 9:25 am

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## Raging River:

Mon and Wed 6:00 pm – 6:55 pm

\*Leisure pool is open to only class participants during this time.

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## Deep Water:

Mon, Wed, and Fri 8:00 am – 8:55 am  
Tue and Thur 6:00 pm – 6:55 pm

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## Volleyball:

Wednesday 7:00 pm – 7:50 pm  
Friday – Adult only 10:00 am – 10:45 am  
Saturday 10:00 am – 10:25 am

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## Drop In:

Adult \$6.50  
Senior \$6.00

## Coupon book:

Adult \$120.00  
Senior \$110.00

## Water Aerobic Pass:

\*3 months unlimited use

Flat rate \$125.00

## Annual memberships:

Adult \$345.00  
Senior \$290.00  
2 Person \$525.00

\*All water aerobics classes are intended for adults age 18 and older. High school students may participate if they have a current doctor referral or parent contact form on file with DAC management.

These classes may be cancelled on holidays, check in with the instructor beforehand.

## Water Aerobics Class Levels

1 Beginner - 3 Advanced

### 1: Joint Efforts, located in the Therapy pool at 94°

Low impact, resistance and range of motion exercises

### 2/3: Aquacise, located in the Leisure pool at 86°

Moderate to fast paced exercise working with and against the river

### 3: Deep Water, located in the Lap pool at 82°

Water treading with a variety of equipment

### 3: Raging River, located in the Leisure pool at 86°

Advanced class working with and against the river

