

# Aquatics

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.

## FALL ADULT GROUP WATER EXERCISE SCHEDULE

#10144 Sept. 13–Nov. 7 (8 weeks)  
#10145 Nov. 8–Dec. 31 (8 weeks)

### MONDAY

8–9 a.m. Shallow  
9–10 a.m. Deep\*  
10–11 a.m. H2O Pilates\*  
1:30–2:30 p.m. Shallow (Arthritis)\*  
6:30–7:30 p.m. Shallow Step/Deep\*

### TUESDAY

6–7 a.m. Hydro-Fit  
9–10 a.m. Shallow/Deep\*  
6:30–7:30 p.m. Shallow/Deep\*

### WEDNESDAY

8–9 a.m. Shallow  
9–10 a.m. Deep H2O \*  
10–11 a.m. Aqua Zumba **NEW!**\*  
1:30–2:30 p.m. Shallow (Arthritis)\*  
6:30–7:30 p.m. Aqua Zumba **NEW!**\*

### THURSDAY

6–7 a.m. Hydrofit  
9–10 a.m. Shallow/Deep\*  
6:30–7:30 p.m. Shallow/Deep\*

### FRIDAY

8–9 a.m. Shallow\*  
9–10 a.m. Deep\*  
10–11 a.m. H2O Pilates\*  
1:30–2:30 p.m. Shallow (Arthritis)\*

### SATURDAY

9–10 a.m. Shallow/Deep

\*Child care available at Kidz Korner. See page 6.

### Members and Non-Members

All programs are free to pool/fitness members

Participants may attend as many classes each week as they wish.

Participants are asked to sign in as they enter the pool for class.

Non-members–Resident/\$80 (8-week session)

Non-resident \$90 (8-week session) Racquet members pay \$50 per 8-week session.

Session One: #10144

Session Two: #10145

## FALL POOL HOURS BEGIN ON MONDAY, SEPT. 13.

### POOL WILL BE CLOSED FOR ANNUAL CLEANING SEPT. 7–12.

All programming for the fall will begin on Monday, Sept. 13 unless otherwise indicated.

### INDOOR POOL HOURS

Monday–Friday 5 a.m.–9:30 p.m.  
Saturday 7 a.m.–6:30 p.m.  
Sunday 7 a.m.–6:30 p.m.

*Family/Open Pool Swim Times may vary from this schedule and will be posted in the pool. All pool hours are subject to change depending upon weather conditions and special events.*

### HOLIDAY POOL HOURS

Monday, Sept. 6 7 a.m.–8 p.m.  
Thursday, Nov. 25 7 a.m.–12:30 p.m.  
Friday, Dec. 24 5 a.m.–12:30 p.m.  
Saturday, Dec. 25 Pool is closed  
Friday, Dec. 31 5 a.m.–12:30 p.m.  
Saturday, Jan. 1 7 a.m.–12:30 p.m.



### Aqua Zumba®

Aqua Zumba was developed by Beto Perez, the creative director of Zumba Fitness with the help of AEA Aquatic Fitness Specialist Mimi Rodriguez.

We are taking the party to the pool with the Latin music and rhythms as well as making sure that each participant is using the water for the benefit of health and fitness! You are going to love it! Join us—this party is for everyone!



Our Water Exercise instructors with our 2009 award for Excellence in Programming from the Pennsylvania Recreation and Park Society.