Adult Intermediate

Prerequisite 15yrs+. Class is designed for adults who have mastered the beginner skills and can swim 25 yards using freestyle. Introduction to backstroke and breaststroke. Fee: $50.

41313	15 yrs+	M/W	9/3-9/29	7:20-7:50 p.m.	KRC

Adult Stroke Improvement

Prerequisite 15 yrs+. Class is designed to improve upon and refine current skills rather than teach strokes. Fee: $50.

41314	15 yrs+	M/W	9/3-9/29	7:20-7:50 p.m.	KRC

SRP®

New! Adult Swim lessons Sponsored by SRP

Prerequisite: 15 yrs+ and Tempe resident. Proof of residency required. Classes are designed for the beginner and intermediate swimming levels. This class is 8 lessons and space is limited. Fee: $10 480-350-5201

41312	15 yrs+	T/Th	9/2-9/25	7:20-7:50 p.m.	KRC

Special Interest Aquatics Classes

American Red Cross
Together, we can save a life

American Red Cross Lifeguard Training

This is an American Red Cross certification course for individuals who are interested in lifeguarding. The course will include First Aid, CPR, as well as the lifeguard training. Must be 15 years of age and able to perform swimming skills necessary to complete the course requirement. Fee: $130. 480-350-5201
Class Dates: Oct 9-Oct 25

41368	Th/F	6:30-9:30 p.m.
	Sa	8 a.m.-5 p.m.

Starfish Swim Instructor

Swim instructor candidates will receive the training needed to teach courses in the SAI Starfish Swim Instructor Program. Candidates will learn how to help students develop correct stroke technique; develop an understanding of how to teach students at different levels, and water safety techniques. Course Prerequisites: Must be 16 years old and have a basic knowledge of the swimming strokes. Fee: $130.480-350-5201

41369	W	10/29-11-5	6-9:30 p.m.
	F	10/31-11/7	6-9:30 p.m.
	Sa	10/25-11/8	8am-5pm

Adult Fitness

Registration now available for water exercise classes. Classes are 60 minutes. Monthly Fee varies, $7 Drop-in per class

Shallow Water Exercise

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down. Drop in Fee: $7

41491	15 yrs+	M	9/8-9/29	8:30-9:30 a.m.	KRC	$25
41492	15 yrs+	T	9/2-9/30	8:30-9:30 a.m.	KRC	$25
41493	15 yrs+	W	9/3-9/24	8:30-9:30 a.m.	KRC	$20
41494	15 yrs+	Th	9/4-9/25	8:30:9:30 a.m.	KRC	$20
41495	15 yrs+	M	9/8-9/29	5:30-6:30 p.m.	KRC	$25
41496	15 yrs+	W	9/3-9/24	5:30-6:30 p.m.	KRC	$20
41497	15 yrs+	M	10/6-10/27	8:30-9:30 a.m.	KRC	$20
41498	15 yrs+	T	10/7-10/28	8:30-9:30 a.m.	KRC	$20
41499	15 yrs+	W	10/1-10/29	8:30-9:30 a.m.	KRC	$25
41500	15 yrs+	Th	10/2-10/30	8:30-9:30 a.m.	KRC	$25
41501	15 yrs+	M	10/6-10/27	5:30-6:30 p.m.	KRC	$20
41502	15 yrs+	W	10/1-10/29	5:30-6:30 p.m.	KRC	$25
41503	15 yrs+	M	11/3-11/24	8:30-9:30 a.m.	KRC	$20
41504	15 yrs+	T	11/4-11/25	8:30-9:30 a.m.	KRC	$20
41505	15 yrs+	W	11/5-11/26	8:30-9:30 a.m.	KRC	$20
41506	15 yrs+	Th	11/6-11/20*	8:30-9:30 a.m.	KRC	$15
41507	15 yrs+	M	11/3-11/24	5:30-6:30 p.m.	KRC	$25
41508	15 yrs+	W	11/5-11/26	5:30-6:30 p.m.	KRC	$20

Transitional Water Exercise

Challenge yourself to the next level of physical fitness! This non-impact class is performed in the deeper water and incorporates muscular strengthening aerobic conditioning and abdominal training exercises. A variety of equipment is used for buoyancy and water resistance. Participants should be comfortable in deep water. *No class 11/20. **No class 11/27 Drop in Fee: $7

41519	15 yrs+	T	9/2-9/30	6:40-7:40 p.m.	KRC	$25
41520	15 yrs+	Th	9/4-9/25	6:40-7:40 p.m.	KRC	$20
41521	15 yrs+	T	10/7-10/28	6:40-7:40 p.m.	KRC	$20
41522	15 yrs+	Th	10/2-10/30	6:40-7:40 p.m.	KRC	$25
41523	15 yrs+	T	11/4-11/25*	6:40-7:40 p.m.	KRC	$20
40524	15 yrs+	Th	11/6-11/20**	6:40-7:40 p.m.	KRC	$15

Aqua Zumba® ("Pool Party")

Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, laughing, hooting and hollering are often heard during a class. Aqua Zumba® is a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. *No class 11/11. **No class 11/27. Drop in Fee: $7

41509	15 yrs+	T	9/2-9/30	5:30-6:30 p.m.	KRC	$25
41510	15 yrs+	Th	9/4-9/25	5:30-6:30 p.m.	KRC	$20
41511	15 yrs+	T	10/7-10/28	5:30-6:30 p.m.	KRC	$20
41512	15 yrs+	Th	10/2-10/30	5:30-6:30 p.m.	KRC	$25
41513	15 yrs+	T	11/4-11/25*	5:30-6:30 p.m.	KRC	$15
41514	15 yrs+	Th	11/6-11/20**	5:30-6:30 p.m.	KRC	$15

Aquatics High Intensity Interval Training (H.I.I.T)

All levels High Intensity Interval Training class providing a high cardiovascular workout with low impact on joints. It's the ideal way to cross-train from your high impact/hard-hitting land workouts and still get a great cardio and strength session. Push through the water and not just float your way through it. So get in try some plyometric squats, round house kicks and speed bag punches. If you can't stay afloat, use a noodle for support behind your back. Drop in Fee: $7

41515	15 yrs+	Sa	9/6-9/27	9-10 a.m.	KRC	$20
41516	15 yrs+	Sa	10/4-10/25	9-10 a.m.	KRC	$20
41517	15 yrs+	Sa	11/1-11/29	9-10 a.m.	KRC	$25