

Aquatics

Adult Fitness

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

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 per class.

43196	15 yrs+	Sa	4/4-4/25	9-10 a.m.	\$20	KRC
43197	15 yrs+	Sa	5/2-5/30	9-10 a.m.	\$25	KRC

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. Monthly fee varies.

43199	15 yrs+	M	4/6-4/27	8:30-9:30 a.m.	\$20	KRC
43200	15 yrs+	T	4/7-4/28	8:30-9:30 a.m.	\$20	KRC
43201	15 yrs+	W	4/1-4/29	8:30-9:30 a.m.	\$25	KRC
43202	15 yrs+	Th	4/2-4/30	8:30-9:30 a.m.	\$25	KRC
43203	15 yrs+	M	4/6-4/27	5:30-6:30 p.m.	\$20	KRC
43204	15 yrs+	W	4/1-4/29	5:30-6:30 p.m.	\$25	KRC
43205	15 yrs+	M	5/4-5/26	8:30-9:30 a.m.	\$20	KRC
43206	15 yrs+	T	5/5-5/27	8:30-9:30 a.m.	\$20	KRC
43207	15 yrs+	W	5/6-5/28	8:30-9:30 a.m.	\$20	KRC
43208	15 yrs+	Th	5/7-5/29	8:30-9:30 a.m.	\$20	KRC
43209	15 yrs+	M	5/4-5/26	5:30-6:30 p.m.	\$20	KRC
43210	15 yrs+	W	5/6-5/28	5:30-6:30 p.m.	\$20	KRC

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 have the option of working in deep or shallow water. Drop-in fee \$7 per class.

43221	15 yrs+	T	4/7-4/28	6:40-7:40 p.m.	\$20	KRC
43222	15 yrs+	Th	4/2-4/30	6:40-7:40 p.m.	\$25	KRC
43223	15 yrs+	T	5/5-5/26	6:40-7:40 p.m.	\$20	KRC
43224	15 yrs+	Th	5/7-5/28	6:40-7:40 p.m.	\$20	KRC

New Unlimited Water Fitness Program

Looking for a more flexible schedule to take a water fitness class? Sign up for the monthly unlimited water fitness program and create your own schedule with any of the classes offered during the calendar month. If you like water fitness and need a flexible class schedule, this is the program for you! Opportunities include Shallow Water, Transitional and H.I.I.T. classes. *No Class 5/23, 5/25. Monthly Fee: \$51. 480-350-5201

43846	15 yrs+	M-Th & Sa	4/1-4/30	8:30 a.m.-7:40 p.m.	KRC
43847	15 yrs+	M-Th & Sa	5/2-5/30*	8:30 a.m.-7:40 p.m.	KRC

Special Interest Aquatics Classes



American Red Cross Lifeguard Training

This is certification course for individuals who are interested in Lifeguarding. The course will include First Aid, CPR, as well as Lifeguard Training. Must be 15 years of age and be able to perform the swimming skills necessary to complete the course requirements. Fee: \$130. 480-350-5201

Class Dates: 2/20-3/7

42448	15 yrs+	F	2/20, 2/27, 3/6	5:30-9:30 p.m.	KRC
	15 yrs+	Sa	2/21, 2/28, 3/7	8 a.m.-5 p.m.	KRC

Class Dates: 3/09-3/13

42449	15 yrs+	M-F	3/9-3/13	8 a.m.-5 p.m.	KRC
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Class Dates: 3/18-3/28

42450	15 yrs+	W	3/18, 3/25	5:30-9:30 p.m.	KRC
	15 yrs+	F	3/20, 3/27	5:30-9:30 p.m.	KRC
	15 yrs+	Sa	3/21, 3/28	8 a.m.-5 p.m.	KRC

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

Class Dates: 2/21-3/13

42451	16 yrs+	W	2/25, 3/4, 3/11	5:30-8:30 p.m.	KRC
	16 yrs+	F	2/27, 3/6, 3/13	5:30-10 p.m.	KRC
	16 yrs+	Sa	2/21, 2/28	8 a.m.-5 p.m.	KRC





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Shallow Water Exercise

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44379	15 yrs+	M	6/1-6/29	8-9 a.m.	KRC	Fee: \$25
44380	15 yrs+	T	6/2-6/30	8-9 a.m.	KRC	Fee: \$25
44381	15 yrs+	W	6/3-6/24	8-9 a.m.	KRC	Fee: \$20
44382	15 yrs+	Th	6/4-6/25	8-9 a.m.	KRC	Fee: \$20
44383	15 yrs+	M	6/1-6/29	5:30-6:30 p.m.	KRC	Fee: \$25
44384	15 yrs+	W	6/3-6/24	5:30-6:30 p.m.	KRC	Fee: \$20

44385	15 yrs+	M	7/6-7/27	8-9 a.m.	KRC	Fee: \$20
44386	15 yrs+	T	7/7-7/28	8-9 a.m.	KRC	Fee: \$20
44387	15 yrs+	W	7/1-7/29	8-9 a.m.	KRC	Fee: \$25
44388	15 yrs+	Th	7/2-7/30	8-9 a.m.	KRC	Fee: \$25
44389	15 yrs+	M	7/6-7/27	5:30-6:30 p.m.	KRC	Fee: \$20
44390	15 yrs+	W	7/1-7/29	5:30-6:30 p.m.	KRC	Fee: \$25

44391	15 yrs+	M	8/3-8/31	8-9 a.m.	KRC	Fee: \$25
44392	15 yrs+	T	8/4-8/26	8-9 a.m.	KRC	Fee: \$20
44393	15 yrs+	W	8/5-8/27	8-9 a.m.	KRC	Fee: \$20
44394	15 yrs+	Th	8/6-8/28	8-9 a.m.	KRC	Fee: \$20
44395	15 yrs+	M	8/3-8/31	5:30-6:30 p.m.	KRC	Fee: \$25
44396	15 yrs+	W	8/5-8/27	5:30-6:30 p.m.	KRC	Fee: \$20

Transitional Water Exercise

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44489	15 yrs+	T	6/2-6/30	6:40-7:40 p.m.	KRC	Fee: \$25
44490	15 yrs+	Th	6/4-6/25	6:40-7:40 p.m.	KRC	Fee: \$20
44491	15 yrs+	T	7/7-7/28	6:40-7:40 p.m.	KRC	Fee: \$20
44492	15 yrs+	Th	7/2-7/30	6:40-7:40 p.m.	KRC	Fee: \$25
44493	15 yrs+	T	8/4-8/25	6:40-7:40 p.m.	KRC	Fee: \$20
44494	15 yrs+	Th	8/6-8/27	6:40-7:40 p.m.	KRC	Fee: \$20

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44246	15 yrs+	Sa	6/6-6/27	9-10 a.m.	KRC	Fee: \$20
44247	15 yrs+	Sa	7/11-7/25*	9-10 a.m.	KRC	Fee: \$15
44248	15 yrs+	Sa	8/1-8/29	9-10 a.m.	KRC	Fee: \$25

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45315	15 yrs+	M-Th & Sa	6/1-6/30	8-7:40 p.m.	KRC	Fee: \$51
45316	15 yrs+	M-Th & Sa	7/1-7/31*	8-7:40 p.m.	KRC	Fee: \$51
45317	15 yrs+	M-Th & Sa	8/1-8/31	8-7:40 p.m.	KRC	Fee: \$51

Adult Lessons

Adult Beginner

Prerequisite 15 yrs+. Class is designed for adults who wish to learn to swim and will be geared to meet the needs of individuals. Emphasis is on adapting to the water and introduction to freestyle, back float, and safety skills. *No class July 4.

44220	15 yrs+	M/W	6/1-6/24	7:50-8:20 p.m.	KRC	Fee: \$50
44223	15 yrs+	Sa	6/6-7/18*	10:45-11:15 a.m.	KRC	Fee: \$38
44221	15 yrs+	M/W	7/6-7/29	7:50-8:20 p.m.	KRC	Fee: \$50
44222	15 yrs+	M/W	8/3-8/26	7:50-8:20 p.m.	KRC	Fee: \$50
44224	15 yrs+	Sa	7/25-8/29	10:45-11:15 a.m.	KRC	Fee: \$38

Adult Intermediate

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

44217	15 yrs+	M/W	6/1-6/24	7:50-8:20 p.m.	KRC	Fee: \$50
44218	15 yrs+	M/W	7/6-7/29	7:50-8:20 p.m.	KRC	Fee: \$50
44219	15 yrs+	M/W	8/3-8/26	7:50-8:20 p.m.	KRC	Fee: \$50

Adult Stroke Improvement

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

44497	15 yrs+	M/W	6/1-6/24	7:50-8:20 p.m.	KRC	Fee: \$50
44498	15 yrs+	M/W	7/6-7/29	7:50-8:20 p.m.	KRC	Fee: \$50
44499	15 yrs+	M/W	8/3-8/26	7:50-8:20 p.m.	KRC	Fee: \$50