

Aqua Zumba & Aqua Tai-Chi

Ages 13+

Enjoy this 1 hour shallow water exercise class good for the body and mind! You will start with 45 minutes of Aqua Zumba, otherwise known as the Zumba "Pool Party"! Integrating the Zumba fitness formula and philosophy with traditional aqua fitness, Aqua Zumba blends it all together! You will "party" to International rhythms while getting an all over cardio-conditioning and body-toning class. Following Aqua Zumba, you will enjoy 15 minutes of Aqua Tai-Chi. These exercises are designed to improve balance, core strength, and flexibility. You will end class feeling a reduction of stress and improved mindfulness. Participants do not need to know how to swim.

Instructor: Erin Kunz, certified Aqua Zumba instructor

Whitman (Pool)

\$71 / \$86 Non-Resident

Tu 9/14 - 12/14 6:15 - 7:15pm 144801-01

Wet Workout

Ages 13+

Enjoy this shallow water program that improves cardiovascular fitness, flexibility, coordination and overall body strength. This is a low impact activity (modifications can be made for those wishing for a harder workout). Reap the benefits of water without the strain on the joints. Noodles, AquaJogger belts and aquatic barbells are some of the equipment that may be used. Feel free to bring a pair of aqua gloves for an added challenge. No swimming skills needed!

Instructor: Sarah Steldt

Wauwatosa Aquatic Center (East High)

\$42 / \$57 Non-Resident

M 9/13 - 12/13 6:00 - 7:00pm 144700-01

Aqua Zumba

Ages 13+

This low-impact, high-energy class blends the Zumba philosophy with water resistance that challenges you and helps tone your muscles. End the day with this class and leave feeling refreshed and invigorated.

Instructor: Nicole Beckom, Aqua Zumba certified

Wauwatosa Aquatic Center (East High)

\$65 / \$80 Non-Resident

W 9/15 - 12/15 6:15 - 7:15pm 144800-01

Water Exercise for Adults

No swimming skills are needed! The water's resistance and buoyancy help provide a total body workout to improve your strength, balance, coordination and flexibility without stress to muscles and joints. Equipment may be used during this class. *Consult with doctor before enrolling in this class.*

Longfellow (Pool)

\$45 / \$60 Non-Resident

Tu 9/14 - 12/14 4:30 - 5:15pm 144750-03

Th 9/16 - 12/16 4:30 - 5:15pm 144750-04

Early Bird Swim High Demand Class

Ages 18+

Start your health and wellness plan with an invigorating early morning swim! Enjoy supervised lap swimming with lanes designated for slow, medium, and fast swimmers.

East (Pool)

\$85 / \$100 Non-Resident

MWF 9/8 - 12/22 6:30 - 7:30am 144600-01

Don't Forget: Register for
High Demand Classes
on Thursday, August 26 @
10:00am.
For all other classes register
Tuesday, August 17 after 9am
Non-Residents: Thursday, Sept 2

Adult Swim Instruction

Co-ed, Ages 18+

Beginner

Have you always wanted to learn to swim but didn't know how to get started? Become comfortable in the water as you learn the front and back crawl strokes.

Continuing

Work on stroke technique (including front crawl, breaststroke, and sidestroke) to improve your efficiency for fitness or competition. Must be comfortable in deep water.

Whitman (Pool)

\$55 / \$70 Non-Resident

Tu 9/21 - 12/7 7:30 - 8:45pm 144502-01

Lap Swim for Adults

Age 18+

Supervised lap swimming for all ability levels. Improve your fitness, increase your endurance or train for competition.

Wauwatosa Aquatic Center (East High)

\$75 / \$90 Non-Resident

MW 9/13 - 12/20 6:00 - 7:00pm 144650-01

\$54 / \$69 Non-Resident

MW 1/10 - 3/16 6:00 - 7:00pm 244650-01

\$56 / \$71 Non-Resident

MW 3/28 - 6/8 6:00 - 7:00pm 344650-01

Fall/Winter: Due to high school athletic events, locker rooms may not be available for use; the family changing room should be available on these nights.

