

## Pool Policies and Activity Descriptions

*All scheduled activities are Adult activities unless otherwise posted.*

### REMINDER:

The **pool closes ½ hour before the club closes** so members can have adequate time to shower or change and the club can close on time. The pool closes at **10:30 p.m. Monday through Friday** and **7:30 p.m. Saturday and Sunday**. On posted holidays, the pool closes ½ hour before the club closes.

**Lap & Fitness** – The pool is divided in half. The lap side is on the side of the shower. The fitness side is on the side of the stairs. The fitness section of the pool is to be used for general water exercise other than lap swimming. Please limit your time in the lap side to 20 minutes when others are waiting.

**RGH P.T./Lap & Fitness** – The pool is divided in half. The lap side is on the side of the shower. The fitness side is on the side of the stairs. The fitness section of the pool is to be used for general water exercise other than lap swimming. The Fitness Side is shared with **Rockville Hospital Physical Therapy** for aqua therapy with adult or child patients and water exercisers. **The therapists will generally use the fitness side of the pool, not the lap side.** Please limit your time in the lap side to 20 minutes when others are waiting.

### *Please note:*

**Only class participants are allowed in the pool area during Aqua Fit Classes.**

**No lap lanes are available during Aqua Fit classes or Children's Swim Lessons.**

*Court House Plus reserves the right to reserve the pool for special events and trainings and will post these activities in advance.*

Pool Dimensions:	44' x 22'
Depth:	3.5' to 5'
1 Mile =	60 laps up and back

## Aqua Fit Class Descriptions

Welcome to our Aqua Fitness Program! Please introduce yourself to the instructor if you have not participated in their class before, so they can give you helpful advice and get to know you.

**Arthritis Aqua:** This arthritis aquatic class is a recreational program conducted in a heated pool by trained instructors. The class consists of specially designed exercises which, with the aid of the water's buoyancy, resistance and warmth, can improve joint flexibility. *Swimming ability not necessary.*

**Cardio Plus:** Great for variety! This class will always include a cardio & strength portion but can be a combo of any classes offered on the aqua schedule.

**Complete Aqua Fitness:** An aerobic workout utilizing all properties of the water. Abdominal strength, back flexibility, and body alignment will be emphasized during the abs segment. Hand buoys, cuffs and/or noodles may be used in this class. This class will finish with a longer stretching segment

**Cardio Sculpt:** This class is designed to keep your heart rate elevated through continuous movement of equipment on and below the water's surface.

**Interval Aqua & More:** A cardio class incorporating segments of high intensity movements (30 – 90 seconds) followed by recovery periods of 5 – 8 minutes done on an interval rotation. This class will finish with a longer stretching segment.

**Aqua Circuit:** This class combines cardio and resistance training in an interval pattern to provide your body with a complete workout. Hand buoys, cuffs and/or noodles may be use in resistance portion. .

**Stride & Strength:** Learn proper body alignment, core stability, balance, and muscular control. Your own body and the properties of the water will help increase flexibility and strength.

**SilverSplash®:** Activate your aqua exercise urge for variety! SilverSplash® offers a lot of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Kickboards are used to develop strength, balance and coordination.

**Class participants...please do not enter the pool more than 15 minutes before class starts to allow other participants to finish their workouts.**