

**AQUATIC EXERCISE SCHEDULE**

**\*\*REVISED\*\***

**April 1 — May 28, 2023**

**\*\*REVISED\*\***

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
5:30	WAVES*	L	Coach					5:30	WAVES*	L	Coach					5:30	WAVES*	L	Coach	7:00	WAVES*	L	Coach
6:30	WAVES*	L	Coach					6:30	WAVES*	L	Coach					6:30	WAVES*	L	Coach	8:15	WAVES*	L	Coach
<b>8:30</b>	<b>Dynamic Deep</b>	<b>DL</b>	<b>Kim</b>	<b>8:30</b>	<b>Aquatonic</b>	<b>LT</b>	<b>Kim</b>	8:00	Stroke Clinic*	C	Alice	<b>8:30</b>	<b>Dynamic Deep</b>	<b>DL</b>	<b>Fran</b>					<b>9:15</b>	<b>Aqua Bootcamp</b>	<b>LD</b>	<i>varies</i>
9:00	Arthritis*/ Parkinson's*	T	Maria					9:00	Arthritis/ Parkinson's*	T	Kim	<b>9:30</b>	<b>Warm Water Workout</b>	<b>T</b>	<b>Fran</b>	9:00	Arthritis*/ Parkinson's*	T	Mary	<b>10:15</b>	<b>Stretch and Tone</b>	<b>T</b>	<i>varies</i>
10:00	Arthritis*	T	Kim	10:00	WAVES*	L	Coach	<b>9:00</b>	<b>Deep Blue</b>	<b>D</b>	<b>Maria</b>	10:00	Arthritis*	T	Gina	10:00	Arthritis*	T	Mary				
10:00	WAVES*	L	Coach	10:00	Arthritis*	T	Gina	10:00	Arthritis*	T	Beth	10:00	WAVES*	L	Coach	10:00	WAVES*	L	Coach	8:00	WAVES*	7K	Coach
11:00	WAVES*	C	Coach					10:00	WAVES*	L	Coach					10:00	WAVES*	L	Coach				
								11:00	WAVES*	C	Coach					11:00	WAVES*	C	Coach				
<b>11:30</b>	<b>Aqua Moves</b>	<b>TL</b>	<b>Beth</b>	11:15	Fibromyalgia*/ Arthritis*	T	Tammy	<b>11:15</b>	<b>Aqua Moves (60 minutes)</b>	<b>TL</b>	<b>Beth</b>	11:15	Fibromyalgia*/ Arthritis*	T	Tammy	<b>11:30</b>	<b>Aqua Moves</b>	<b>TL</b>	Charmaine/ Maria				
<b>12:30</b>	<b>Stretch and Tone</b>	<b>T</b>	<b>Beth</b>	<b>12:15</b>	<b>Ai Chi</b>	<b>T</b>	<b>Tammy</b>	12:00	Ripples*	C	Alice	<b>12:15</b>	<b>Ai Chi</b>	<b>T</b>	<i>Tammy</i>	<b>12:30</b>	<b>Stretch and Tone/ Yoqua</b>	<b>T</b>	Charmaine/ Maria	12:00	Ripples*	L	Georgia/ Cindy
				<b>12:45</b>	<b>Fluid Dynamics</b>	<b>L</b>	<b>Maria</b>	<b>12:15</b>	<b>Stretch and Tone (30 minutes)</b>	<b>T</b>	<b>Beth</b>	<b>12:45</b>	<b>Aqua HIIT</b>	<b>L</b>	<b>Connie</b>					12:45	Stroke Clinic*	L	Georgia/ Cindy
				3:00	H <sub>2</sub> O Healthy and Fit*	T	Alice	<b>12:45</b>	<b>Deep Blue (45 minutes)</b>	<b>D</b>	<i>Beth</i>	3:00	H <sub>2</sub> O Healthy and Fit*	T	Mary					3:00	WAVES*	L	Coach
<b>5:00</b>	<b>Aqua Bootcamp</b>	<b>DL</b>	<b>Fran</b>	5:00	WAVES*	L	Coach	<b>5:00</b>	<b>Aqua Bootcamp</b>	<b>DL</b>	<b>Diane</b>	5:00	WAVES*	L	Coach	<b>4:00</b>	<b>Hydro Fitness</b>	<b>LD</b>	<b>Sandy</b>				
5:00	Warm Water Sampler*	T	Sandy	5:00	Aqua Functional Fit*	T	Diane	5:00	Warm Water Sampler*	T	Kim	5:00	Aqua Functional Fit*	T	Kim	5:00	Warm Water Sampler*	T	Sandy				
6:00	H <sub>2</sub> O Healthy and Fit*	T	Fran	6:00	Warm Water Sampler*	T	Mary	6:00	H <sub>2</sub> O Healthy and Fit*	T	Diane	6:00	Warm Water Sampler*	T	Mary								
				7:00	WAVES*	L	Coach					7:00	WAVES*	L	Coach								

**SUNDAY**

12:00	Ripples*	L	Georgia/ Cindy
12:45	Stroke Clinic*	L	Georgia/ Cindy
3:00	WAVES*	L	Coach

**THERAPY POOL FREE TIME**

Members may use the therapy pool when classes are NOT in session. Members can use the pool in areas the class is not utilizing at the discretion of the instructor.

Please see open pool schedules for open pool times which are available at the front desk and in the pool area.

**NOTE:** We guarantee two lap lanes are available for lap swim EXCEPT during WAVES practice. There are no lap lanes available for lap swimmers during WAVES practices.

**AQUA CLASS ETIQUETTE**  
Please be courteous of others around you during class. Extensive conversations make it difficult for others to hear the instructor and puts a strain on the instructor's voice

Classes subject to minimum/maximums, Instructor/location changes, and/or cancellation at Supervisor's discretion.

\* = fee based class & requires pre registration

**Bold lettering indicates member only class, no registration required**

**KEY**  
C = Children's Pool  
D = Deep Well  
L = Lap Pool  
T = Therapy Pool

For questions, call Alice Novotny at (630) 646-5905 or email at Alice.Novotny@eehealth.org

## Adult Aquatic Programs

### CLASS DESCRIPTIONS

**Lap Pool** - All classes are 60 minutes long unless listed differently.

**Aqua Bootcamp** A high energy, fast continuous workout to improve your aerobic and anaerobic capacity while building endurance and strength.

**Aqua HIIT** The best way to increase your metabolic threshold is through interval training. This class will find out how much you really can do.

**Aquatonic** A fun energetic class combined with stretching and relaxing but effective moves to strengthen and tone your body.

**Deep Blue** Being completely buoyant in the deep blue water does not mean it is time to relax. In fact you work even harder, but without impact on your joints.

**Dynamic Deep** Get a complete full body work out, reach your aerobic limits and take all impact off your joints with this powerful deep well format.

**Fluid Dynamics** This is a high power full body workout that will utilize the no impact of the deep well and use the power and quickness of the lap lanes to really burn calories.

**Hydro Fitness** This is about being physically fit. You will have an aerobic workout with segments to build core, strength, balance and anaerobic capacity.

**Therapy Pool Classes vary in length 30—60 min.**

**Ai Chi** Achieve strength, flexibility, and stress relief through a combination of flowing movements and deep breathing. (30 min)

**Aqua Moves** Keep your body strong and supple with this inspiring aerobic, stretching, toning and strengthening workout. (60 min)

**Fluid Fitness** this is a new class for mid day fun. You will get some aerobics, strength and core work at a nice relaxed pace.

**Stretch and Tone**—Stretch and tone with a variety of exercises. Explore and expand your endurance, strength, flexibility and balance limits. (30 min)

**Yogua** Asana work with proper breathing techniques and a meditation focus, are the framework of yoga in the water. (30 min)

**Warm Water Workout**— A warm water strength and stretch workout to keep you strong and limber all day. (30 min)

### SPECIAL CLASSES

All special classes require pre-registration at least 3 days before the start of a session. Classes are not part of the aquatic member schedule and are subject to min/max numbers that, if not met, may be cancelled.

**To register: call 630-646-7913 (Dina)**

**Next sessions dates:**

**March 20—May 26, 2023**

Cost/10 week session 3 days/week classes:  
Members \$54 Non members \$130

Cost/10 week session 2 days/week classes:  
Members \$36 Non members \$90

***Class participants, who are nonmembers, are welcome to enter the club 20 minutes before the scheduled class time and are requested to exit the facility within 30 minutes after their class.***

**Arthritis** Professional instructor led one hour group exercise classes with gentle activities to help increase joint flexibility, range of motion, and maintain muscle strength. Participants will need to feel comfortable in chest deep water. 60 minutes (Therapy Pool)

**M/ W/ F 9:00—10:00am (Combined with Parkinson's)**  
**10:00-11:00am**

**TU/ TH 10:00am—11am**  
**11:15am—12:15pm (Combined with Fibromyalgia)**

#### **Aqua Functional Fitness**

A professional instructor will lead a one hour group exercise class for individuals that have a health issue but still want a good cardiovascular workout. This class will have all of the elements of an arthritis class but a more active aerobic pace. 60 minutes (Therapy Pool)

**TU/ T H 5:00pm-6:00pm**

**Fibromyalgia/Arthritis** Instructors lead endurance, flexibility, cardiovascular, and relaxation exercise in our soothing 90 degree Therapy Pool. 60 minutes (Therapy Pool)

**TU/TH 11:15 am—12:15 pm**

**H<sub>2</sub>O Healthy and Fit** A professional instructor will lead a one hour group exercise class for individuals that want a good overall workout, keeping you strong and moving through the years. This class will have a good cardiovascular workout, but not neglect the necessary functional moves for active day to day living. 60 minutes (Therapy Pool)

**M/W 6:00pm—7:00pm TU/TH 3:00pm—4:00pm**

**Parkinson's/Arthritis** Research has proven that an exercise program introduced in the early to mid stages of Parkinson's will improve mobility and possibly delay further impairment. 60 minutes (Therapy Pool)

**M/W/F 9am — 10am**

**Warm Water Sampler** A Therapy Pool class that gives you a sample of all the possible exercises, equipment use, and different class formats. The first half hour of the class will be aerobic and the second half hour will focus on strength training, balance, core development, and flexibility. 60 minutes (Therapy Pool)

**M/W/F 5:00 pm—6:00pm Tu/Th 6pm—7pm**

## AQUA personal training

Sometimes water is the best choice for exercise. You can train for rehabilitation, fitness, or learn to swim at your pace, all the way up to the elite swimmer that wants to improve their technique. One-on-one coaching will help you reach your goals and excel. Prices are the same as land personal training. To get started pick up the personal training brochure or contact Alice Novotny at :  
email: [alice.novotny@eehealth.org](mailto:alice.novotny@eehealth.org) or call (630) 646-5905

## Adult Swim Programs

**Swim classes run in 6 week sessions, see class flyers for dates and times.**

#### **RIPPLES - Adult Learn To Swim**

If you have never had formal swim instruction, start here. Classes are kept small so we can individualize your instruction and keep you learning at your own pace.

#### **Stroke Clinics—Perfecting your Technique**

Instruction for the intermediate swimmer. Drills will focus on perfecting stroke technique and replacing inefficient movements with efficient ones.

See flyers for more details.

#### **WAVES Master's Swim Team**

The winter session began on October 15 and will run until April 30. The summer session will begin on May 15. Registration forms can be found on the Waves website at [napervillewaves.com](http://napervillewaves.com).

For questions call 630-646-5905.

# WINTER Aqua Exercise Schedule

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# Healthy Driven™

**Edward-Elmhurst**  
HEALTH & FITNESS