

AQUATIC EXERCISE SCHEDULE

**** FALL ****

Septmeber 6—December 30, 2022

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR
5:30	WAVES*	NL	Coach	5:30	WAVES*	7L	Coach	5:30	WAVES*	NL	Coach	8:30	Dynamic Deep	7DL	Fran	5:30	WAVES*	7L	Coach	7:30	WAVES*	7L	Coach
6:30	WAVES*	NL	Coach	8:30	Aquatonic	7LT	Kim	6:30	WAVES*	NL	Coach	8:45	MS*	NL	Kim	6:30	WAVES*	7L	Coach	7:30	WAVES*	NL	Coach
8:30	Dynamic Deep	7DL	Kim	8:45	MS*	NL	Sally	8:00	Stroke Clinic*	NL	Alice	9:00	Arthritis*	NT	Gina	8:45	MS*	NL	Kim	9:00	Aqua Bootcamp	7LD	Jeri/Mary/Laura
9:00	Aqua HIIT	NL	Maria	9:15	Arthritis*	NT	Gina	9:00	Aquatonic	NL	Kim	9:15	Arthritis*	NT	Gina	9:00	Hydro Pump	NL	Claudia	9:15	Hydro Fitness	NL	Jane
10:00	Arthritis*	7T	Kim	10:00	WAVES*	7L	Coach	10:00	Arthritis*	7T	Beth	9:30	Stretch and Tone	7T	Fran	10:00	Arthritis*	7T	Mary	10:00	Stretch and Tone	7T	Jeri/Mary/Laura
10:00	WAVES*	NL	Coach	10:00	WAVES*	NL	Coach	10:00	Yoqua	NT	Maria	10:00	WAVES*	NL	Coach	10:00	Stretch and Tone	NT	Sally	10:00	WAVES*	NL	Coach
10:00	Ai Chi	NT	Mary	10:15	Arthritis*	NT	Gina	10:30	Parkinson's*/Arthritis*	NT	Maria	10:00	WAVES*	7L	Coach	10:00	WAVES*	NL	Coach	SUNDAY			
10:30	Parkinson's*/Arthritis*	NT	Mary	11:00	Arthritis*	NT	Gina	11:00	Ripples*	NL	Alice	10:15	Arthritis*	NT	Gina	10:30	Parkinson's*/Arthritis*	NT	Sally	8:00	WAVES*	NL	Coach
11:00	WAVES*	NL	Coach	11:15	Hydro Pump	NL	Beth	11:15	Aqua Moves (30 minutes)	7TL	Beth	11:15	Aqua HIIT	NL	Connie	11:00	WAVES*	NL	Coach	9:15	Aquatonic	NL	Sandy/Kim
11:30	Aqua Moves	7TL	Beth	11:15	Fibromyalgia*/Arthritis*	7T	TBD	11:45	Fluid Fitness	NL	Maria	11:15	Fibromyalgia*/Arthritis*	7T	TBD	11:30	Aqua Moves	7TL	Charmaine/Maria	12:45	Ripples*	NL	Georgia
12:30	Stretch and Tone	7T	Beth	12:15	Arthritis*	NT	Jeri	11:45	Stretch and Tone	7T	Beth	12:15	Arthritis*	NT	Jeri	12:30	Stretch and Tone/Yoqua	7T	Charmaine/Maria	1:30	Stroke Clinic*	NL	Georgia
12:30	Hydro Fitness	NL	Diane	12:15	Arthritis*	NT	Jeri	11:45	Stretch and Tone	7T	Beth	12:15	Arthritis*	NT	Jeri	2:00	Arthritis*	NT	Mary	2:30	Don't Fear the Water*	NT	Georgia
1:30	Stretch N Tone	NT	Diane	12:15	Arthritis*	NT	Jeri	12:15	Deep Blue (45 minutes)	7D	Beth	12:15	Arthritis*	NT	Jeri	2:00	Arthritis*	NT	Mary	3:00	WAVES*	NL	Coach
2:00	Arthritis*	NT	Diane	12:15	Ai Chi	7T	TBD	12:15	Deep Blue (45 minutes)	7D	Beth	12:15	Ai Chi	7T	TBD	2:00	Arthritis*	NT	Mary	(begins 10/16)			
5:00	Aqua Bootcamp	7LD	Fran	3:00	H2O Healthy and Fit*	7T	Alice	3:00	H2O Healthy and Fit*	7T	Mary	3:00	H2O Healthy and Fit*	7T	Mary	5:30	Hydro Pump	NLT	Sandy	THERAPY POOL FREE TIME			
5:30	Aqua HIIT	NLT	Sandy	5:00	WAVES*	NL	Coach	5:00	Aqua Bootcamp	7DL	Diane	5:00	WAVES*	NL	Coach	6:30	Warm Water Sampler*	NT	Sandy	Members may use the therapy pool when classes are NOT in session at both locations. Members can use the pool in areas the class is not utilizing at the discretion of the instructor.			
6:00	H2O Healthy and Fit*	7T	Fran	6:00	Aqua Functional Fit*	NT	Diane	5:30	Prenatal Aqua*	NL	Sandy	6:00	Aqua Functional Fit*	NT	Kim	6:30	Warm Water Sampler*	NT	Sandy				
6:00	WAVES*	7L	Coach	6:00	Warm Water Sampler*	7T	Mary	6:00	H2O Healthy and Fit*	7T	Diane	6:00	Warm Water Sampler*	7T	Mary								
6:30	Warm Water Sampler*	NT	Sandy	7:00	Aquacise*	7L	Mary	6:30	Warm Water Sampler*	NT	Kim	7:00	Aquacise*	7L	Mary								
				7:00	WAVES*	NL	Coach					7:00	WAVES*	NL	Coach					Please see open pool schedules for open pool times which are available at the front desk and in the pool area.			
				7:00	Low Back*/Arthritis*	NT	Diane					7:00	Low Back*/Arthritis*	NT	Kim								

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

KEY

NT= Naperville Therapy Pool
 NL= Naperville Lap Pool
 7D = Seven Bridges Deep Well
 7L = Seven Bridges Lap
 7T = Seven Bridges 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.

Aquatic 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. (30- 60 min)

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. (30–60 min)

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.

Hydro Pump This class will combine cardio and strength training using the water's resistance and various pieces of equipment.

Liquid Body Burn Water is **not** for Wimps! Go for the burn but keep your cool as you work all your muscles and build endurance.

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. (30—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)

Yoqua Asana work with proper breathing techniques and a meditation focus, are the framework of yoga in the water. (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: Naperville, call 630-646-5917 (Toni)
Seven Bridges, call 630-646-7913 (Dina)

Next sessions dates:

July 25—September 30, 2022 October 10—December 16, 2022
January 2—March 10, 2023

Cost/10 week session 3 days/week classes:
Members \$43 Non members \$115

Cost/10 week session 2 days/week classes:
Members \$32 Non members \$77

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.

Aquacise This class is for individuals wanting to lose weight, get fit and healthy. This class is for weight loss clinic patients and those wanting to begin or continue on their weight loss journey. 60 minutes (Lap Pool)
Seven Bridges: **Tu/Th 7:00pm—8:00pm**

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)

Naperville: **M/ F 2:00pm—3:00 pm** **M/ W/ F 10:00am—11:00am**
10:30—11:30am (Combined with Parkinson's)
TU/ TH 9 :15am—10:15 am **TU/TH 11:15am—12:15pm**
10:15am—11:15am **(Combined with Fibromyalgia)**
12 :15pm—1 :15pm

7:00pm—8:00pm (Combined with Low Back)

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)

Naperville: **TU/ T h 6:00pm-7:00pm**

Fibromyalgia/Arthritis Instructors lead endurance, flexibility, cardiovascular, and relaxation exercise in our soothing 90 degree Therapy Pool. 60 minutes (Therapy Pool)
Seven Bridges: **TU/TH 11:15 am—12:15 pm**

H₂O 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)

Seven Bridges: **M/W 6:00pm—7:00pm Tu/Th 3:00pm—4:00pm**

Low Back/Arthritis 90% of adults have experienced back pain at some time in their lives. Learn dynamic trunk stabilization, strengthening exercises and relaxation techniques to avoid back pain in the future. 60 minutes (Therapy Pool)

Naperville: **TU/ TH 7:00pm—8:00pm**

Multiple Sclerosis The water's buoyancy and resistance will provide support and aid in building muscle control for the person diagnosed with MS. Participants must be able to stand in the pool on their own.

60 minutes (Lap Pool)

Naperville: **TU/ TH 8:45am—9:45 am**

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)

Naperville **M/W/F 10:30am — 11:30 am**

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)

Naperville **M/W/F 6:30 pm—7:30 pm** **7 Bridges Tu/Th 6pm—7pm**

Post/Prenatal Water Get a cardiovascular workout in the comfort of the water. Increase your endurance, balance, and body awareness while enjoying that buoyant weightless feeling provided by the water. A physician's permission slip and signed waiver are required prior to participating in the first class.

60 minutes (Lap Pool)

Naperville: **Wednesday 5:30pm—6:30 pm**

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 or call (630) 646-5905

Adult Swim Programs

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

Don't Fear the Water— Getting Comfortable in Water

If you are uncomfortable or frightened of the water, this is the class for you. Our instructors will guide you through step by step to help you meet your goals to participate in water classes, or go on to Ripples. Taught in the therapy pool in a small class setting.

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.

Naperville: Sunday afternoons
Wednesday mornings

See flyers for more details.

WAVES Master's Swim Team

The winter session will begin 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.

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HEALTH & FITNESS