

# Aquatics Schedule

## November 2023



**CRC POOL HOURS**  
Monday- Friday : 6:00am - 7:30pm  
Saturday : 8:30am - 5:30pm  
Sunday: Closed

Regina Stevens- Aquatics Coordinator  
 843-488-7686 or rstevens@cityofconway.com



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – 9:45 am Silver Sneakers Splash – Dee	8:10 am - 8:55 am Aqua Aerobics-Jessica	8:00 am - 8:45 am Aqua Aerobics- Beverley	9:00 am – 9:45 am Arthritis R.O.M.- Briggette	8:00 am - 8:45 am Aqua Aerobics- Beverley
10:00 am – 10:45 am Arthritis R.O.M./Strength-June	9:00 am – 9:45 am Deep Water – Briggette	9:00 am – 9:45 am Aqua Yoga –Pam R.	10:00 am – 12:00 pm Water Volleyball	10:00 am – 12:00 pm Water Volleyball
11:00 am – 11:45 am Aqua Aerobics -June	12:15 pm – 1:00 pm Aqua Yoga– Briggette	10:00 am – 10:45 am Aqua Zumba –Pam H.	12:15 pm – 1:00 pm Deep Water -Briggette	
4:30 pm – 7:30 pm 3 LANES Tigershark Practice	4:00 pm – 6:30 pm Swim Lessons		4:00 pm – 6:30pm Swim Lessons	
6:15 pm – 7:00 pm Aqua Zumba –Pam H.	4:30 pm – 7:30 pm 3 LANES TigersharkPractice	4:30 pm – 7:30 pm 3 LANES Tigershark Practice	4:30 pm – 7:30 pm 3 LANES Tigershark Practice	12:15 pm – 1:15 pm Silver Sneakers Splash –Dee

### Aquatic Class Descriptions:

**Deep Water:** This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. This class is taught in the 5ft depth but can be accommodated in the shallow end.

**Arthritis Range of Motion (R.O.M)/Strength:** Developed especially for people with arthritis, this program helps you stay fit while reducing arthritis pain. Take control of your arthritis and minimize your pain with our low impact stretches. Movements improve strength for daily living tasks.

**Aqua Aerobics:** This is a class focused on helping you take a step towards an energetic day! Different style workouts offered variety of exercises and intervals, all in one class!

**Aqua Yoga:** Aqua Yoga is a low-impact aquatic exercise, performing Yoga poses in water. The goal is to provide: strength, balance, and range of motion. Yoga in the pool is an amazing place to experience the many benefits of yoga. The feeling of weightlessness in the water takes the stress out of challenged joints.

**Silver Sneakers SPLASH:** Silver Sneakers Splash is a class designed to enhance physical endurance, power, mobilize joints, and improve balance utilizing the physical properties of the water and functional movement patterns. The Silver Sneakers kickboard is a buoyant piece of equipment. It can be used for flotation assistance or resistance training.

**Water Volleyball:** We have a floating net, Noodle-formed “back lines”, and a beach ball (for better reaction time)! Come and bring your “A” game! (Game played in average depth of 4 ft., no swimming skills needed)

**Aqua Zumba:** This is a class focused on helping you take a step towards an energetic day! Different style workouts offered variety of exercises and intervals, all in one class!