

HEALTHY LIVING

Improving the nation's health and well-being

Adult Aquatics at Deer Path

Aquakinetics

This aerobic deep-water workout uses flotation belts that keep the body vertical while jogging, cycling, skiing, flutter kicking and exercising to lively music. Resistive equipment used for toning segments.

Power Punch & Splash

A shallow water class combines the intense resistance of water with powerful kickboxing moves with a combination of aerobic dance, strengthening and toning exercises.

H2O Body Shock

Strength and sculpt in this deep-water class that uses flotation belts. The aerobic segment offers options for all fitness levels.

AquaFit Fusion

This deep water class blends an energetic, aerobic, fat burning segment with stretching, toning and strengthening yoga/pilates moves in the water.

AquaMates

Exercise with your friends and make new ones in this water exercise class specifically designed for active older adults.

Seven 45 minute water exercise classes

Full Member:	Included
Program Member:	\$39
Non-Member:	\$49

Private Swim Lessons for Adults

Private swim lessons for those that are trying to overcome the fear of the water or who need to focus on a special goal or skill. Call our Aquatics Director, Flora Mannino at 908-782-1044 x 624 to schedule. Classes available weekdays and weekends.

Arthritis Aquacize

Benefits include increased range of motion, circulation, strengthening and toning muscles. Held at Hunterdon Developmental Center's therapeutic pool. Seven, 45 minute classes. Go to www.hcymca.org for details. Tues. or Thurs. or Fri. 11:45 am – 12:30 pm
Full Member: Included
Program Member: \$14 • Non Member: \$21

Swim Inc. (Specialized Water Interest Movement)

Held at the Deer Path pool, this water exercise class and support group is for adults with physical disabilities. Pool time is followed by a social hour with refreshments. To register call Charlene Griffith at 908.995.2758 or Eleanor Kover 732.560.0582. or ladybugel-shutterbill@verizon.net. Visit <http://www.swim-inc.org> for more info. FREE Friday 9:45 - 10:45 am, Social Hour until noon.

Senior Swim

Seniors from the community are welcome to swim at the Deer Path pool. The LINK, 800-842-0531, provides rides for many of our swimmers. Tues. & Thurs. 11:30 am-1:00 pm
Full & Program Member: Included
Non Member: \$10 drop-in fee per day

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45 am	AquaMates		AquaMates		AquaMates
9:15-10:00 am	Aquakinetics	H2O Body Shock	Aquakinetics	H2O Body Shock	Aquakinetics
10:00-10:45 am	Power Punch	AquaFit Fusion	Power Punch	AquaFit Fusion	SWIM Inc.
10:45-11:30 am					Power Punch
11:45-12:30 pm		*Arthritis Aquacize		*Arthritis Aquacize	*Arthritis PLUS
8:00-8:45 pm		Power Punch		Aquakinetics	

All classes held at Deer Path Branch unless noted (*Held at Hunterdon Developmental Center)

Adult Aquatics at Deer Path

Complete Immersion Workout

This workout focuses on teaching swimmers to move through the water efficiently by using their core muscles, conserving energy and focusing on balance and active streamlining in the water. Drills used teach an awareness of the dynamics of swimming over and above the development of simple strength and power. A masters swimmer, Coach Sandy Carosi has over 22 years experience in training swimmers. Private instruction (see page 8) is available for all levels including triathletes training for open water swimming.

Sat. 8:00-8:45 am

Full Member: \$65

Program Member: \$90

Non-Member: \$110

Adult/Teen Swim Lessons Beginner or Intermediate

Instruction includes basic water safety and survival, treading water, front crawl, backstroke and breathing techniques. Breaststroke, sidestroke and diving are taught according to individual progress and level. Private lessons for adults available, see page 8.

Sat. 12:00 - 12:45 pm

Full Member: \$54

Program: \$88

Non-Member: \$120



Red Cross Lifeguard Course

Students must be 15 years old by the end of the course and must take a prerequisite swim test during the first day of class to qualify for the course. Students must attend all classes. Students will receive the three certifications required to be legally eligible for lifeguard employment.

Red Cross Lifeguard & First Aid – 3 year cert.

CPR for the Professional Rescuer with AED – 2 year certification

Administering Emergency Oxygen – 1 year cert.

Course I: Saturdays 11:00 am – 8:00 pm

Feb. 25, March 3, 10

Course II: Saturdays 11:00 am – 8:00 pm

March, 17, 24, 31

Course III: Sundays 8:00 am – 5:00 pm

March 4, 11, 25

Course IV: Sundays 8:00 am – 5:00 pm

April 1, 15, 22

Course V: Saturdays 11:00 am – 8:00 pm

April 14, 21, 28

Full Member: \$255

Program Member: \$275

Non Member: \$292

Red Cross Lifeguard Recertification

A challenge course that recertifies students in Red Cross Lifeguard and First Aid, CPR/AED and Administering Emergency Oxygen. No books or supplies or review will be provided. Bring your rescue mask for CPR. Students must pass written and practical tests.

Sunday, March 25 1:00-5:00 pm or

Sunday, April 22 1:00-5:00 pm

Full Member: \$110

Program Member: \$125

Non Member: \$140

Red Cross CPR for the Professional Rescuer With AED Recertification

A challenge course, come prepared for a written and practical test - please bring your pocket mask.

Sunday, March 11 1:00-5:00 pm or

Sunday, April 15 1:00-5:00 pm

Full Member: \$55

Program Member: \$65

Non Member: \$75