

HEALTH, WELL-BEING & FITNESS

Adult Aquatics at Deer Path

Aqua Zumba

NEW!

This shallow water exercise class uses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system.

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.

Arthritis Aquacize

Benefits include increased range of motion and circulation. Increase flexibility and balance while strengthening and toning muscles. Held at Hunterdon Developmental Center's therapeutic pool. Go to www.hcymca.org for directions and details

Seven, 45 minute classes
 Tues. or Thurs. or Fri. 11:45 am – 12:30 pm
 Full Member: Included
 Program Member: \$14
 Non Member: \$21



Special Olympics Swim Team

Mentally and physically challenged swimmers of all ages and levels are invited to join the Special Olympics Area 4 Dolphins. Athletes must be able to participate in a group and swim two lengths of the pool. Call 908-782-1044 x 624 for registration packet and information. Starts 9/20/10.

Monday 4:45-5:30 pm Free

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.

Tuesday and Thursday 11:30 am – 1:00 pm
 Full & Program Member: Included
 Non Member: \$5 drop-in fee per day

Fees for seven 45-minute water exercise classes:

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

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	Power Punch
11:45-12:30 pm		*Arthritis Aquacize		*Arthritis Aquacize	*Arthritis PLUS
8:00-8:45 pm		Aqua Zumba		Power Punch	

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

Total Immersion[®] Swimming

NEW!

Whether your goal is a nice pool workout or long distance open water, learn the techniques to swimming efficiently and gracefully by engaging your core muscles in the revolutionary Total Immersion[®] style. This clinic teaches you how to achieve relaxed harmony with the water for the ultimate way to swim easier. Coach: Sandy Carosi

Tues. or Thurs 9:15-10:00 am or Sat. 8:00-8:45 am

Full Member: \$65

Program Member: \$90

Non-Member: \$110

Masters Swimming

NEW!

This masters swimming group is designed to prepare individuals for the swimming portion of triathlons or for masters swimming competition (competition not mandatory).

Improve stroke efficiency and endurance. All practices will be coached workouts. Program runs from Sept. - March.

Tues & Thurs 5:45-7:00 am & Sat 7:00 - 8:00 am

Full Member: \$30 per month

Program Member: \$40 per month

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.

Sat. 12:00 - 12:45 pm

Full Member: \$52

Program: \$86

Non-Member: \$120