

# AQUATIC EXERCISE SCHEDULE

June 3—September 1, 2024

| 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>TL</b> | <b>Kim</b>   | 8:00         | Stroke Clinic*                       | C         | Alice        | <b>8:30</b> | <b>Hydro Fitness</b>              | <b>TL</b> | <b>Maria</b> | <b>8:30</b>  | <b>Aquatonic</b>               | <b>D</b>  | <b>Sally</b>  | <b>9:15</b>  | <b>Aqua Bootcamp</b>    | <b>DL</b> | <b>varies</b> |
| 9:30         | Arthritis*                        | T         | Kim          |              |                                   |           |              | <b>8:30</b>  | <b>Deep Blue</b>                     | <b>D</b>  | <b>Fran</b>  |             |                                   |           |              | 9:30         | Arthritis*                     | T         | Mary          | <b>10:15</b> | <b>Stretch and Tone</b> | <b>T</b>  | <b>varies</b> |
| 10:30        | Parkinson's*/Arthritis*           | T         | Connie       | 9:30         | Arthritis*                        | T         | Tammy        | 9:30         | Arthritis*                           | T         | Kim          | 9:30        | Arthritis*                        | T         | Tammy        | 9:30         | WAVES*                         | L         | Coach         |              |                         |           |               |
| 10:00        | WAVES*                            | L         | Coach        | 10:00        | WAVES*                            | L         | Coach        | 10:00        | WAVES*                               | L         | Coach        | 10:00       | WAVES*                            | L         | Coach        | 10:30        | Parkinson's*/Arthritis*        | T         | Mary          |              |                         |           |               |
|              |                                   |           |              |              |                                   |           |              | 10:30        | Parkinson's*/Arthritis*              | T         | Beth         |             |                                   |           |              | 10:30        | WAVES*                         | L         | Coach         |              |                         |           |               |
|              |                                   |           |              |              |                                   |           |              | <b>11:30</b> | <b>Aqua Moves</b>                    | <b>TL</b> | <b>Beth</b>  | 10:30       | Fibromyalgia*/Arthritis*          | T         | Tammy        | <b>11:30</b> | <b>Aqua Moves</b>              | <b>TL</b> | <b>Maria</b>  |              |                         |           |               |
| <b>11:30</b> | <b>Aqua Moves</b>                 | <b>TL</b> | <b>Beth</b>  | 10:30        | Fibromyalgia*/Arthritis*          | T         | Tammy        | 12:00        | Ripples*                             | C         | Alice        | 11:30       | <b>Ai Chi</b>                     | <b>T</b>  | <b>Mary</b>  | <b>11:30</b> | <b>Ai Chi</b>                  | <b>T</b>  | <b>Mary</b>   | <b>9:15</b>  | <b>Aquatonic</b>        | <b>TL</b> | <b>varies</b> |
| <b>12:30</b> | <b>Stretch and Tone</b>           | <b>T</b>  | <b>Beth</b>  | <b>11:30</b> | <b>Ai Chi</b>                     | <b>T</b>  | <b>Mary</b>  | <b>12:30</b> | <b>Stretch and Tone (30 minutes)</b> | <b>T</b>  | <b>Beth</b>  | 12:00       | Arthritis*                        | T         | Jeri         | <b>12:30</b> | <b>Stretch and Tone/ Yoqua</b> | <b>T</b>  | <b>Maria</b>  | 12:00        | Ripples*                | L         | Georgia/Cindy |
|              |                                   |           |              | 12:00        | Arthritis*                        | T         | Jeri         |              |                                      |           |              | <b>1:00</b> | <b>Aqua Fusion</b>                | <b>L</b>  | <b>Maria</b> | 12:45        | Stroke Clinic*                 | L         | Georgia/Cindy |              |                         |           |               |
|              |                                   |           |              | <b>1:00</b>  | <b>Deep HIIT</b>                  | <b>D</b>  | <b>Maria</b> |              |                                      |           |              | 3:30        | H <sub>2</sub> O Healthy and Fit* | T         | Mary         |              |                                |           |               |              |                         |           |               |
|              |                                   |           |              | 3:30         | H <sub>2</sub> O Healthy and Fit* | T         | Alice        |              |                                      |           |              | 5:00        | WAVES*                            | L         | Coach        |              |                                |           |               |              |                         |           |               |
| <b>5:30</b>  | Warm Water Sampler*               | <b>T</b>  | <b>Sandy</b> | 5:00         | WAVES*                            | L         | Coach        | 5:30         | Warm Water Sampler*                  | T         | Kim          | 5:00        | WAVES*                            | L         | Coach        | <b>4:30</b>  | <b>Hydro Fitness</b>           | <b>DL</b> | <b>Sandy</b>  |              |                         |           |               |
| <b>5:30</b>  | <b>Aqua Bootcamp</b>              | <b>DL</b> | <b>Fran</b>  | 5:00         | Warm Water Sampl/Arthritis*       | T         | Mary         | <b>5:30</b>  | <b>Aqua HIIT</b>                     | <b>DL</b> | <b>Diane</b> | 5:00        | Warm Water Sampl/Arthritis*       | T         | Mary         | 5:30         | Warm Water Sampler*            | T         | Sandy         |              |                         |           |               |
| 6:30         | H <sub>2</sub> O Healthy and Fit* | T         | Fran         | 6:00         | Aqua Functional Fit*              | T         | Diane        | 6:30         | H <sub>2</sub> O Healthy and Fit*    | T         | Diane        | 6:00        | Aqua Functional Fit*              | T         | Kim          |              |                                |           |               |              |                         |           |               |
|              |                                   |           |              | 7:00         | WAVES*                            | L         | Coach        |              |                                      |           |              | 7:00        | WAVES*                            | L         | Coach        |              |                                |           |               |              |                         |           |               |
|              |                                   |           |              | 7:00         | Low Back*                         | T         | Diane        |              |                                      |           |              | 7:00        | Low Back*                         | T         | Kim          |              |                                |           |               |              |                         |           |               |

| SUNDAY      |                  |           |               |
|-------------|------------------|-----------|---------------|
| 8:00        | WAVES*           | L         | Coach         |
| <b>9:15</b> | <b>Aquatonic</b> | <b>TL</b> | <b>varies</b> |
| 12:00       | Ripples*         | L         | Georgia/Cindy |
| 12:45       | Stroke Clinic*   | L         | Georgia/Cindy |

**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](mailto:Alice.Novotny@eehealth.org)

## Adult Aquatic Programs

### CLASS DESCRIPTIONS

**Lap Pool** - All classes are 55 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 Fusion** Interval training fused with a boot camp discipline, using a variety of equipment. You will be kept moving in the lap lanes.

**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.

**Aqua Moves** Keep your body strong and supple with this inspiring aerobic, stretching, toning and strengthening workout. Also recommended for persons with multiple sclerosis.

**Aquatonic** A fun energetic class combined with stretching and relaxing but effective moves to strengthen and tone your body. Also recommended for persons with multiple sclerosis. (Deep or Lap Class)

**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.

**Dynamic HIIT** The best way to increase your metabolic threshold is through interval training. This class will find out how much you really can do, but in the deep well. Get ready to work hard.

**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. Also recommended for persons with multiple sclerosis.

**Therapy Pool Classes vary in length 30 or 55 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. (55 min)

**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)

### 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 (Toni)

Next session dates:

April 15—June 21, 2024 July 1—September 6, 2024

September 16—November 22, 2024

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.**

#### 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. 55 minutes (Therapy Pool)

TU/TH 6:00-6:55pm

**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. 55 minutes (Therapy Pool)

M/W/F 9:30-10:25am  
10:30-11:25am (Combined with Parkinson's)

TU/TH 9:30—10:25am  
10:30-11:25am (Combined with Fibromyalgia)  
12:00-12:55pm  
5:00-5:55pm (Combined with Warm Water Sampler)

**Fibromyalgia/Arthritis** Instructors lead endurance, flexibility, cardiovascular, and relaxation exercise in our soothing 90 degree Therapy Pool. 55 minutes (Therapy Pool)

TU/TH 10:30—11:25am

**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. 55 minutes (Therapy Pool)

M/W 6:00—6:55pm or TU/TH 3:30—4:25pm

**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. 55 minutes (Therapy Pool)

TU/TH 7:00pm—7:55pm

**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. 55 minutes (Therapy Pool)

M/W/F 10:30—11:25am (Combined with Arthritis)

**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. 55 minutes (Therapy Pool)

M/W/F 5:30 pm—6:25pm or  
Tu/Th 5:00pm—5:55pm (Combined with Arthritis)

### 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 summer session began on May 1 and will run until August 31, 2024. The fall session will begin on September 1. Please contact head coach Tammy Schultz from the website [Napervillewaves.com](http://Napervillewaves.com) or email [coachNapervilleswimclub@gmail.com](mailto:coachNapervilleswimclub@gmail.com).

For questions call Alice Novotny at 630-646-5905.

# Aqua Exercise Schedule

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