



**CITY OF WEYBURN
WEYBURN LEISURE CENTRE**

Upcoming Aqua Fitness Classes...

Register Now! (Class Descriptions below!)

AQUA FITNESS CLASSES – WINTER 2012

Session #1 - Registration begins December 5th, sign-up by January 3rd to receive a 10% discount

PROGRAM	DATES	TIMES	COST
Boot camp	Tuesdays & Thursdays January 10 th – February 16 th	9:00 – 9:45 am	Adult: \$66.00 Senior: \$57.00 Drop-in: Adult: \$6.50 Senior: \$5.75
Easy Moves	Tuesdays & Thursdays January 10 th – February 16 th	10:00 – 10:30 am	Adult: \$45 Senior: \$39.00 Drop-in: Adult: \$6.50 Senior: \$5.75
Deep Water	Wednesdays & Fridays January 11 th – February 17 th	8:45 – 9:15 am	Adult: \$45 Senior: \$39.00 Drop-in: Adult: \$6.50 Senior: \$5.75
Low Impact	Wednesdays & Fridays January 11 th – February 17 th	9:20 – 9:50 am	Adult: \$45 Senior: \$39.00 Drop-in: Adult: \$6.50 Senior: \$5.75
Evening Deep Water	Mondays & Wednesdays January 9 th – February 15 th	6:15 – 7:00 pm	Adult: \$66.00 Senior: \$57.00 Drop-in: Adult: \$6.50 Senior: \$5.75
Mom & Baby	Mondays January 9 th - March 26 th No class February 20 th	9.15 - 9.45 am	Adult: \$41.25 Senior: \$35.75 Drop-in: Adult: \$6.50 Senior: \$5.75

Winter Session #2 - Registration begins February 6th, sign-up by February 20th to receive a 10% discount

PROGRAM	DATES	TIMES	COST
Boot camp	Tuesdays & Thursdays February 28 th – March 29 th (10 classes)	9:00 – 9:45 am	Adult: \$55.00 Senior: \$47.50 Drop-in: Adult: \$6.50 Senior: \$5.75
Easy Moves	Tuesdays & Thursdays February 28 th – March 29 th (10 classes)	9:50 am – 10:20 am	Adult: \$37.50 Senior: 32.50 Drop-in: Adult: \$6.50 Senior: \$5.75
Deep Water	Wednesdays & Fridays February 29 th – March 30 th (10 classes)	8:45 – 9:15 am	Adult: \$37.50 Senior: 32.50 Drop-in: Adult: \$6.50 Senior: \$5.75
Low Impact	Wednesdays & Fridays February 29 th – March 30 th (10 classes)	9:20 – 9:50 am	Adult: \$37.50 Senior: 32.50 Drop-in: Adult: \$6.50 Senior: \$5.75
Evening Deep Water	Mondays & Wednesdays February 27 th – April 30 th (No class April 9 th) (18 classes)	6:15 – 7:00 pm	Adult: \$99.00 Senior: \$85.50 Drop-in: Adult: \$6.50 Senior: \$5.75

For more information contact the Weyburn Leisure Centre at 848-3280 or email tclay@weyburn.ca

DROP IN RATES Adult: \$6.50 Senior: \$5.75 10 PUNCH PASS Adult: \$60 Senior: \$52

Course Descriptions below...



Aqua Fitness Course Descriptions

Boot Camp (Intermediate to advanced)

- Boot camp is a 45 minute class intended for those who want a higher intensity work out. Participants are in the middle of the pool (chest deep) for the majority of the class; however, may move around the pool as per the Instructors request.
 - Instructor: Kathy Erickson (Tuesdays)
Angie Braat (Thursdays)

Easy Moves (Beginner, low impact)

- Formerly known as “Twinges ‘n Hinges”, this 30 minute class is geared towards older adults or those suffering from arthritis or joint pain. Participants are in the shallow end of the pool. Please keep in mind the Weyburn Leisure Centre is NOT a therapy pool. Pool temperature is kept between 83 – 86 degrees farenheight.
 - Instructor: Kathy Erickson (Tuesdays)
Angie Braat (Thursdays)

Deep Water (Beginner to advanced)

- This 30 minute Deep Water aqua fit class is a great workout and is held in the deep end of the pool. Participants may wear a buoancy belt (provided by the WLC) to help them stay afloat! Therefore, swimming skills are not necessary for this class. This class is medium intensity and will challenge all of your muscles, without the impact on your joints.
 - Instructor: Kathy Erickson (Wednesdays)
Angie Braat (Fridays)
Karen Weisgarber (Evenings)

Low Impact (Beginner to Intermediate)

- Just as the name suggests, this is a lower intensity class, 30 minute class, designed for the shallow end of the pool. This is a cardio based class designed to suit all fitness levels. The water reduces the impact on joints by supporting up to 85% of your body weight, making it a perfect environment for those with injuries or limitations, including pregnancy.
 - Instructor: Kathy Erickson (Wednesdays)
Angie Braat (Fridays)

Mom and Baby (Beginner to Advanced) – Class offered January to March only

- Just as the name suggests, this is a 30 minute class, designed for the shallow end of the pool that you can bring your baby to! Ease back into fitness and introduce your baby to the water. Dolphin seats are provided for babies. **Babies must be 5 – 24 months old and steadily be able to hold head up before attending.** Please dress baby in an official swim diaper and bathing suit or onesie. Swim diapers are available at the Leisure Centre

