



Lee District RECenter

Winter 2017 Water Exercise Schedule** Class registration information and descriptions on the back

Saturday	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:55 am Deep Water Boot Camp Barb	9:00-9:55 am Arthritis Water Ex Barb	9:00-9:55 am Deep Water Mel	9:00-9:55 am Arthritis Water Ex Barb	9:00-9:55 am Deep Water Mel	9:00-9:55 am Arthritis Barb
9:00-9:55 am Deep Water Exercise Barb	10:00-10:55 am Deep Water Exercise Barb	10:00-10:55 am Aerobic Mel	10:00-10:55 am Deep Water Exercise Barb	10:00-10:55 am Aerobic Mel	10:00-10:55 am Deep Water Exercise Barb
10:00-10:55 am Power Finning Barb					
	5:30-6:25 pm Deep Water Maria		5:30-6:25 pm Deep Water CANCELLED		
Drop-In Rates: Ffx. Co. Resident \$13 Non-County \$16	6:30-7:25 pm Deep Water Boot Camp Maria	703-922-9841 6601 Telegraph Road Alexandria, VA 22310	6:30-7:25 pm Deep Water Boot Camp CANCELLED	<u>No Class on 1/7, & 2/18.</u>	Water Exercise classes Start 1/2 And End 3/31

****Schedule is subject to change and classes may be cancelled if regular attendance is low. Check with the front desk staff for most up-to-date schedule. Wrist bands will be given out for each and every class – please wear them!**

Class Descriptions

- **Aqua Fit and Tone:** This is a low-impact and low-intensity workout taught in shallow water. You will increase muscular endurance while you tone muscles and improve flexibility.
- **Arthritis Water Exercise:** Shallow water exercise using water's buoyancy and resistance will help improve your overall range of motion, joint mobility and muscle strength. While this class is designed for students with arthritis, it is open to those who have other physical limitations.
- **Deep Water Exercise:** Take the plunge for a workout that is no impact. You'll use a variety of deep water exercises and deep water running techniques to get the maximum benefit from water's natural resistance.
- **Power Finning:** With the use of fins, kickboards, and float belts, this unique workout is designed to enhance cardiovascular fitness while strengthening and toning muscles.
- **Aerobic:** This excellent shallow water class provides cardiovascular workout and also increases muscle tone, strength and endurance.
- **Water Jogging:** Join us for an interval training running workout for active runners, beginning runners, or anyone striving to give themselves a challenging deep water workout.

Aqua Exercise Flex Pass – Would you enjoy the flexibility to attend any water exercise class at any of our nine RECenters? Do you have schedule conflicts that would make it impossible for you to attend the total number classes offered in a coded class? Then, this is the pass for you!

- The Aqua Exercise Flex Pass allows you to attend any coded water exercise class listed in the Water Exercise section of the Parktakes magazine or online. The pass also includes the use of the fitness room, pool, spa, locker rooms, sauna, and XYO group exercise drop-in classes.
- You will be issued a barcode card and will have the opportunity to use the pass at any of our nine (9) RECenters. You *may also* bring a friend with you by having an additional visit deducted from your pass when you check in. One visit will be deducted per person/per class.
- The pass is valid for four (4) months from the date of purchase.
- The pass is sold at all RECenters or online at www.fairfaxcounty.gov/parks/passesonline.htm - in increments of 10, 20 or 30 visits.
- Pricing is based on the same price per class fee that is used for coded classes. The senior discount and out of county fee will apply to the pass fee. However, the early registration discount and scholarships will not apply.

Pass Type	10 visits		20 visits		30 visits	
	Base Rate	Discount Rate*	Base Rate	Discount Rate*	Base Rate	Discount Rate*
Teen/Adult (13 yrs. and older)	\$139	\$124	\$262	\$247	\$384	\$369
Senior (age 65 years or older)	\$139	\$81	\$262	\$161	\$384	\$239

*Fairfax County Resident discount rate requires proof of Fairfax County residency

Daily Drop-in Fee (or pay as you go) - All RECenters will continue to offer the daily drop-in rate.

- Best for the customer with a busy schedule or wanting to sample a new program.

Register for the Class - Do you only attend the same scheduled class? Or do you use a scholarship to register for the class? Then, this option is the best option for you! The coded water exercise classes are advertised in the Parktakes magazine and online (www.fairfaxcounty.gov/parks/parktakes).

- Registration guarantees you a space in the class, but you may only attend the class that you registered for.
- You will be issued a barcode card and you may check in at the front desk no earlier than 60 minutes prior to the start of the class.
- If you miss a class due to illness or schedule conflict you will not be able to make it up. See the refund policy for more information; available at any RECenter Front Desk or online.
- If the class is cancelled by the facility, site staff will attempt to contact registrants in advance.
- Early registration discount and scholarships will be honored for those meeting the criteria.

Fairfax County Park Authority Winter Weather Policy

In weather-related emergencies, Park Authority programs, events, classes and events at park facilities and schools will be canceled based upon the closing decision of Fairfax County Public Schools

When a weather emergency occurs on a holiday and/or when schools are closed, the County Office of Public Affairs will give information on Park Authority closings to the news media.

When schools are on winter break, spring break or on teacher workdays, FCPS may make a different announcement relating to closures that address employees working those days or facility openings. If no announcement is made by the schools, call the Park Authority RECenter weather hotline **703-324-8661** for information. **Unless the county closes all county facilities, RECenters will remain open for general use.** Call the RECenter directly for their adjusted open swim schedule.

If you have any questions, feel free to contact us by phone at 703-922-9841 or email:

Sarah Barrack (Sarah.Barrack@fairfaxcounty.gov), Aquatics Director



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354