



Mount Vernon RECenter

Spring 2012 Water Aerobics Schedule

Class registration information and descriptions on the back

Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:55 am Swimming for Fitness Laura	6:00-6:55 am Swimming for Fitness Laura	6:00-6:55 am Swimming for Fitness Laura	6:00-6:55 am Swimming for Fitness Laura	6:00-6:55 am Swimming for Fitness Laura
7:30-8:25 am Deep Water Ex. Laura	7:30-8:25 am Power Finning Laura	7:30-8:25 a.m. Deep Water Ex. Laura	7:30-8:25 am Power Finning Laura	7:30-8:25 am Deep Water Ex. Laura
8:30-9:25 am Aqua Fit & Tone Laura	8:30-9:25 am Aqua Fit & Tone Laura	8:30-9:25 am Aqua Fit & Tone Laura	8:30- 9:25 am Aqua Fit & Tone Laura	8:30-9:25 am Aqua Fit & Tone Laura
9:30-10:25 am Deep Water Ex. Calla		9:30-10:25 am Deep Water Ex. Calla		9:30-10:25 am Deep Water Ex. Calla
10:30-11:25 am Arthritis Water Ex. Calla	10:30-11:25 Aqua Pilates Calla	10:30-11:25 am Arthritis Water Ex. Calla	10:30-11:25 Aqua Pilates Calla	10:30-11:25 am Arthritis Water Ex. Calla
7:00-7:55 pm Aqua Fit & Tone Lynne	7:00-7:55 pm Deep Water Ex. Laura	7:00-7:55 pm Power Water Walking Lynne	7:00-7:55 pm Deep Water Ex. Laura	Water Exercise classes Start 1/2 And End 3/23
Drop-In Rates: Ffx. Co. Resident \$12 Non-County \$15	8:00-8:55 pm Swimming for Fitness Laura	703-768-3224 2017 Belle View Blvd Alexandria, VA 22307	8:00-8:55 pm Swimming for Fitness Laura	Participants enrolled in class may not use the equipment unless an instructor is present. <small>updated1/26</small>

Reminder: Punch cards are no longer issued. To go to these classes you can pay the drop in fee, have a barcode with the Aqua Flex Pass or be registered class that you will be attending.

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.
- **Aqua Pilates:**
- **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.
- **Water walking:** Designed to improve muscle tone and cardiovascular fitness. Ideal for those who want the effects of walking without the stress on muscles and joints. Instructor will guide participants in different types of walking to work on all parts of the body.
- **Swimming For Fitness:** This class works on both beginner and advance stroke and endurance development



New! 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.

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. **(NOTE: Paper punch cards will no longer be issued. If you need the flexibility that the paper punch card gave you please consider purchasing the Aqua Exercise Flex Pass.)**
- 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.

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)	\$119	\$104	\$223	\$208	\$327	\$312
Senior** (age 64 by December 31, 2009)	\$119	\$68	\$223	\$135	\$327	\$203

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.

Contact Britta Stratford britta.stratford@fairfaxcounty.gov , Aquatics Supervisor or Sandy Kellogg, Sandra.kellogg@fairfaxcounty.gov , Aquatic Assistant for any questions. 703-768-3224

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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