



Please note: participants enrolled in class may not use the equipment unless an instructor is present

## South Run RECenter Spring 2017 Water Aerobics & Swim Schedule

Class registration information on the back

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:55 am Deep Water Aerobics	8:00-8:55 am Aerobic Water Ex.	8:00-8:55 am Deep Water Aerobics	8:00-8:55 am <i>No class</i>	8:00-8:55 am Deep Water Aerobics
9:00-9:55 am Aerobic Water Ex.	8:30-9:25 am Deep Water Exercise	9:00-9:55 am Aerobic Water Ex.	8:30-9:25 am Deep Water Ex.	9:00-9:55 am Aerobic Water Ex.
10:00-10:55 am Arthritis Water Ex.	9:00-9:55 am Aerobic Water Ex.	10:00-10:55 am Arthritis Water Ex.	9:00-9:55 am Aerobic Water Ex.	10:00-10:55 Arthritis Water Ex.
11:00-11:55 am Aqua Zumba	10:00-10:55 am Arthritis Water Ex.	11:00-11:55 am Aqua Zumba	10:00-10:55 am Arthritis Water Exercise	
	11:00-11:55 am Arthritis Water Exercise		11:00-11:55 am Arthritis Water Exercise	
	12:00-12:55 pm Hydro Pilates		12:00-12:55 pm Hydro Pilates	
6:05-7:00 pm Aerobic Water Ex.	Drop-In Rates: Ffx. Co. Resident \$13 Non-County \$16	6:05-7:00 pm Aerobic Water Ex.	703-866-0566 7550 Reservation Drive, Springfield VA	

### Class Descriptions

- **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.
- **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.
- **Aerobic Water Exercise:** This excellent shallow water class provides cardiovascular workout and also increases muscle tone, strength and endurance.
- **Hydro Pilates:** Experience the water's natural support and resistance while you increase your body's range of motion, and challenge and strengthen core stability and control. Build abdominal and back strength, flexibility and muscle tone while maintaining core stabilization, posture alignment and balance.

## Ways to Pay

**Aqua Exercise Flex Pass** – enjoy the flexibility to attend any water exercise class at any of our nine RECenters!

- Attend any coded water exercise class listed in the Water Exercise section of the Parktakes magazine or online
- Also includes use of the fitness room, pool, spa, locker rooms, sauna, and group exercise drop-in classes.
- Bring a friend; simply have an additional visit deducted from your pass when you check in. One visit deducted per person/per class.
- Valid four (4) months from the date of purchase.
- Sold at all RECenters or online at [www.fairfaxcounty.gov/parks/passesonline.htm](http://www.fairfaxcounty.gov/parks/passesonline.htm) - in increments of 10, 20 or 30 visits.
- Pricing 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)	\$138	\$123	\$260	\$245	\$380	\$365
Senior** (age 65 and older)	\$138	\$80	\$260	\$159	\$380	\$237

\*prices effective September 3<sup>rd</sup> 2013

### Daily Drop-in Fee (or pay as you go)

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

**Register for the Class** – Best option for those who only attend the same scheduled class or use a scholarship to register for the class.

- Coded water exercise classes are listed in Parktakes and online [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)).
- Registration guarantees a space in the class, but you may only attend the class registered for.
- Check in at the front desk up to 60 minutes prior to the start of the class.
- Missed classes due to illness or personal schedule conflict will not be able to be made 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.

Contact the Aquatics Director, John Sifrit, at [John.Sifrit@fairfaxcounty.gov](mailto:John.Sifrit@fairfaxcounty.gov), or call our front desk at 703-866-0566.



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