



Winter 2026 Schedule
(January 5 - March 27)

Aqua Fitness Classes

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|--|--|----------|
| | 8:00-8:55 AM Aqua Get Fit 2A9.521X (24) Amanda | 8:30-9:25AM Adv. Deep Water B79.L3LR (24) Debbie | 9:00-9:55 AM Aqua Get Fit 2A9.521X (24) Sharon | 8:30-9:25 AM Adv. Deep Water B79.L3LR (24) Debbie | 9:00-9:55 AM ABC of Deep Water Training 4A8.1D2U (12) Sheila | |
| | 9:10-10:05 AM Arthritis Water Ex 9E8.0H3N (24) Amanda | 9:40-10:35 AM Adv. Arthritis Water Ex 9E8.OWWV (12) Debbie | 10:10-11:05 AM Deep Circuit 9E8.0H3N (24) Sharon | 9:40-10:35 AM S'WET Shallow GMN.LJCY (12) Debbie | 10:10-11:05 AM Arthritis Water Ex 9E8.3GKL (12) Sheila | |
| | 10:15 – 11:10 AM S'WET Deep 32R.RWW6 (12) Brittany | 6:15 – 7:10 PM S'WET Shallow NC7.AUWW (24) Amanda | | 6:15 – 7:10 PM S'WET Shallow NC7.AUWW (24) Amanda | 11:15 AM – 12:10 PM Aqua Combat Brittany | |

Class Descriptions

- ABC of Deep Water Training: Fast paced deep water workout that targets cardio, core, agility and balance and maximizing deep water resistance while using aqua equipment.
- Aqua Get Fit: Focuses on building strength, balance, and endurance using the water's buoyancy and support. Designed for those new to water exercise or those looking for a new fitness opportunity, this fun-filled class focuses on using aqua fitness to progress individual health goals.
- 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.
- Advanced Arthritis: Add a slightly faster pace to basic arthritis water exercise for higher aerobic capacity.
- Advanced Deep-Water Exercise: Take the plunge for a workout that is no impact. You will use a variety of deep-water exercises and deep-water running techniques to get the maximum benefit from water's natural resistance.
- Deep Circuit: Experience deep aquatic circuit options using a variety of equipment at timed stations for total body training. Designed for alternating aerobic work with resistance training and neuromotor exercises.
- S'WET Deep: Innovative aquatic training program focusing on suspended work, reducing joint impact and optimizing muscle contractions through structured deep-water exercise movements.
- S'WET Shallow: Structured Water Exercise Training is designed to incorporate unique blocks, each with a specific purpose, focused on high intensity interval training, strength, advanced cardio and plyometric training.

Ways to Pay

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

- Sold at all Rec Centers or online at www.fairfaxcounty.gov/parks/passesonline.htm - in increments of 10, 20, 30 visits.

- Pricing based on fee that is used for senior discount apply to the pass registration will not apply.

| Pass Type | 10 visits | | 20 visits | | 30 visits (if coming 3x a wk) | |
|--------------------------------|-----------|-------------------------|-----------|-------------------------|-------------------------------|-------------------------|
| | Base Rate | In-County Discount Rate | Base Rate | In-County Discount Rate | Base Rate | In-County Discount Rate |
| Teen/Adult (13 yrs. and older) | \$146 | \$131 | \$275 | \$260 | \$402 | \$387 |
| Senior (age 65 and older) | \$146 | \$85 | \$275 | \$169 | \$402 | \$251 |

the same price per class coded classes. The and out of county fee will fee. However, the early discount and scholarships

Daily Drop-in Fee (Pay as you go)

- Best for the customer with a busy schedule or wanting to sample a new program.
- Fairfax County Resident \$13.50 / Non-County Resident \$16.50

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 and guarantees your space in the class.

Fairfax County Park Authority Winter Weather Policy

- In weather-related emergencies, Park Authority programs, events, classes, events at park facilities and pre-schools will be canceled based upon the closing decision of Fairfax County Government.
- Call the Park Authority Rec Center weather hotline **703-324-8661** for more information or for adjusted open swim schedule.

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

