



Mount Vernon Aquatics

Fall 2022 Water Exercise

Session starts Aug. 29th and ends December 23rd
 No classes Sept. 5, Nov. 24 or Nov. 25
 All classes EXCEPT MWF 9:30 can use aquaflex passes.

Please contact Sandy Kellogg at sandra.kellogg@fairfaxcounty.gov for more information

Monday	Tuesday	Wednesday	Thursday	Friday
7:30–8:25 am Deep Water Ex. B8B.7HEZ Laura		7:30–8:25 am Deep Water Ex. B8B.7HEZ Laura		7:30–8:25 am Deep Water Ex. B8B.7HEZ Laura
8:30–9:25 am Aqua Fit & Tone AA8. Laura		8:30–9:25 am Aqua Fit & Tone AA8. Laura		8:30–9:25 am Aqua Fit & Tone AA8. Laura
9:30–10:25 am Deep Water Ex. B8B. Laura		9:30–10:25 am Deep Water Ex. B8B. Laura	9:30-10:25 am Power Finning B79. Laura	9:30–10:25 am Deep Water Ex. B8B. Laura
10:30-11:25 am Deep Water Ex. B8B. Laura		10:30-11:25 am Deep Water Ex. B8B. Laura		10:30-11:25 am Deep Water Ex. B8B. Laura
11:30-12:25 pm Arthritis Water Ex. 9E8. Jean		11:30-12:25 pm Arthritis Water Ex. 9E8. Jean		11:30-12:25 pm Arthritis Water Ex. 9E8. Jean
7:00 – 7:55 pm Water Walking 7B5. Drop In Fitness Class		7:00-7:55 pm Aqua Fit and Tone AA8. Meghan		

We will make every attempt to cover classes if an instructor is absent. This may include providing space and equipment only.
 Schedule is subject to change and classes may be cancelled if regular attendance is low.

If no instructor is available, staff will try to make class space and equipment available. Customers may work out on their own, after checking in at the front desk.

- **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.
- **Deep Water Exercise:** Flotation assisted exercise, should be comfortable in the deep end and able to swim. Full range of motion exercises, no impact!
- **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. Open to all!
- **Power Finning:** Deep water cardio and strength with fins. Kick it up to the next level! An excellent full-body workout that is a more intense and challenging workout!

Aqua Exercise Flex Pass – Would you enjoy the flexibility to attend any water exercise class at any of our nine Rec Centers? 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 and includes the fitness room, pool, spa, sauna, and drop-in classes. You can even use it to bring a friend!
- Passes will be associated with your member account.
- The pass is valid for four (4) months from the date of purchase.
- The pass is sold at all Rec Centers or online at www.fairfaxcounty.gov/parks/passesonline.htm - for 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 (Discounted Fee – Lowest Price Per Class)	
	Non County Fee	Discount Fee for Fairfax County Resident*	Non County Fee	Discount Fee for Fairfax County Resident*	Non County Fee	Discount Fee for Fairfax County Resident*
Teen/Adult (13 yrs. and older)	\$142	\$131	\$267	\$260	\$391	\$387
Senior (age 65 years or older)	\$142	\$85	\$267	\$169	\$391	\$251

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

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!

- Registration guarantees you a space in the class, but you may only attend the class that you registered for.
- If you miss a class due to illness or schedule conflict you will not be able to make it up.
- 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.

Drop-in Aquatic Exercise Fee (or pay as you go) Current rate **\$13.50**

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

Fairfax County Park Authority Winter Weather Policy

The Park Authority will follow Fairfax County Government closures. Unless the county closes all county facilities, Rec Centers and other park facilities will remain open for general use and for classes. Please call if uncertain!

Where to Get Information: You can always find the latest information online at www.fairfaxcounty.gov/parks, via our Inclement Weather Line at 703-324-8661 and on Twitter (<https://twitter.com/fairfaxparks>) and Facebook.

