

DELTA-WAVERLY AQUATIC POOL SCHEDULE

The Pool Cancellation Phone Number is 484-9322

Effective September 7, 2010 - October 30, 2010

This Schedule can also be found at www.deltami.gov/parks

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|
| 9:00-9:45 am Splash Aerobics | 9:00-9:45 am Deep Water Aerobics | 9:00-9:45 am Splash Aerobics | 9:00-9:45 am Deep Water Aerobics | 9:00-9:45 am Splash Aerobics | 9:00-9:45 am Deep Water Aerobics |
| 10:00-10:45 am Deep Water Aerobics | 10:00-10:45 am Arthritis Plus Aquacise | 10:00-10:45 am Deep Water Aerobics | 10:00-10:45 am Arthritis Plus Aquacise | 10:00-10:45 am Deep Water Aerobics | 10:00-10:45 am Arthritis Plus Aquacise |
| 11:00-11:45 am Arthritis Aquacise | 11:00 - 11:45 am TAI CHI | 11:00-11:45 am Arthritis Aquacise | 11:00 - 11:45 am TAI CHI | 11:00-11:45 am Arthritis Aquacise | |
| 12:00-1:00 pm Lap Swim | 12:00-1:00 pm Lap Swim | 12:00-1:00 pm Lap Swim | 12:00-1:00 pm Lap Swim | 12:00-1:00 pm Lap Swim | |
| | | | | | |
| 3:30 - 4:15 pm Walk/Run Splash Aerobics | | 3:30 - 4:15 pm Walk/Run Splash Aerobics | | 3:00-4:00 pm Adult Swim | |
| 4:15-5:00 pm Lap Swim | | 4:15-5:00 pm Lap Swim | | 4:00-5:00 pm Lap Swim | |
| 5:00-5:45 pm Deep Water Aerobics | Learn To Swim Lessons 5:00 – 7:30 9/14 to 11-2 Call or click to register 484-5600 | 5:00-5:45 pm Deep Water Aerobics | Learn To Swim Lessons 5:00 – 7:30 9/16 to 11-4 Call or click to register 484-5600 | | Pool rentals are available for your private group. Great for birthday parties, Reunions, specialty classes, and more! Call 484-5600 for details |
| 6:00-6:45 pm Splash Aerobics | | 6:00-6:45 pm Splash Aerobics | | | |
| 6:45-7:30 pm Arthritis Plus Aquacise | | 6:45-7:30 pm Arthritis Plus Aquacise | | | |
| 7:30-8:30 pm Lap Swim Scuba 7:30 – 9:30 pm 10/4 to 10/20 | 7:30-8:30 pm Family Swim | 7:30-8:30 pm Lap Swim Scuba 7:30 – 9:30 pm 10/4 to 10/20 | 7:30-8:30 pm Family Swim | | |

DELTA-WAVERLY ACTIVITIES

Activities Office Phone: 517.484.5600

Pool Information & Cancellation Phone: 484-9322

PLEASE NOTE: Please call the pool cancellation number listed above for updates or listen to local TV or radio broadcasts for information about Waverly School closings. In the event of severe weather and the Waverly School District is closed, all Delta-Waverly Activities aquatics programs will be cancelled.

Pool Rental: Great for parties, reunions, and specialty classes. Call the office for details.

Course Descriptions:

Splash

These classes provide a participant with fun and fast cardiovascular activities that also include muscle strengthening and toning. Jumping and bouncing moves are included. Class concludes with relaxing stretch session.

Arthritis Aquacise

Aquatic exercise class designed by the Arthritis Foundation and taught by Arthritis Foundation certified instructors. These classes are designed to alleviate the symptoms of arthritis while increasing muscle strength, limb flexibility, and increased range-of-motion (ROM). Many participants also experience significant pain and stress relief. Stretching movements are included throughout the class.

Arthritis Plus Aquacise

This class is a step up from the Arthritis class described above. This workout includes about 20 minutes of low-level endurance activities, which provides cardiovascular benefits to participants, as well as multiple exercises and stretches for the entire body.

Walk/Run Splash Aerobics

Fun and dynamic, this class is designed to boost cardiovascular endurance through sustained bursts of aerobic activity, followed by short periods of recovery. A relaxation session ends each class.

Deep Water Aerobics

This class is designed to make the most of water resistance by offering the participant the challenge provided by long, strong, and powerful movements through the water – did you know that a *half hour* of water walking is equivalent to walking 2 hours on land?

TAI CHI NEW!

Try this new relaxing form of water exercise. You will use slow, gentle, expansive movements while the water gives you support and resistance. Taught by Diane Bennett.

Adult Open Swim

Come join us Fridays at 3pm for an adult only open swim time. This is an opportunity for adults to use the pool without an instructor or having to swim laps. Use your lap swim/ family swim card, water aerobics card, or pay a \$3 drop in fee per person. Enjoy the pool and do what you want to do! Ages 18+

Swim Lesson Information

Adult and Youth swim lessons are offered at the warm water pool at Waverly East. Private and semi-private lessons are also available. Please call the Delta-Waverly Activities Office for more information about costs and session dates, or to register your child for swim lessons.

David Hill – Aquatic Coordinator

Please make checks payable to: Delta Township

For each activity you may purchase a punch card, good for 10 visits.

| Activity | Age | Fee |
|------------------------------|--------------|---------|
| Adult Water Exercise* | 54 and under | \$45.00 |
| | 55 and over | \$40.00 |
| Correct change only | Drop in | \$ 6.00 |
| Adult Open Swim | 18 and over | \$ 3.00 |
| Lap Swim | All | \$25.00 |
| Correct change only | Drop in | \$ 3.00 |
| Family Swim** | All | \$25.00 |
| Correct change only | Drop in | \$ 3.00 |
| Bottled Water | | \$ 1.00 |

*Adult Water Exercise – you do not need to be a swimmer to participate. Your first visit to one water exercise class (of your choice) is complimentary.

All water aerobic classes are taught for 45 minutes!

Family Swim – an adult aged 18 or above must remain in attendance, with no more than 5 youth swimmers under their supervision. **It is the policy of Delta Township to not allow children over the age of 5 in opposite gender locker rooms.

Punch cards may be purchased at the **NEW** Delta-Waverly Activities office, located inside the Enrichment Center, 4538 Elizabeth Road Lansing, Michigan. Office hours are 10:00 am to 3:00 pm.

You may also purchase punch cards by phone (484-5600) using a credit card. Cards will be delivered to the pool twice a week. Visa, Discover and MasterCard are accepted.

~ Purchase punch cards on the pool deck with **check or money order only** ~

Swim schedules are available on Delta Township's website and at the Delta-Waverly Activities office.

The Pool will be closed on the following days:

Th, F, S November 25, 26, 27
Th, F, S December 23, 24, 25
Sat. January 1