



Effective April 2012

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
8:30 AM	Aqua Fitness		Aqua Fitness		Aqua Fitness		
9:30 AM	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	
10:30 AM		Silver Splash®		Silver Splash®			
4:00PM							Aqua Fitness
5:30 PM	Aqua Fitness		Aqua Fitness				
6:30 PM		Aqua Fitness		Aqua Fitness			

Aquatics Schedule Descriptions

Aqua Fitness – An energizing, low impact water fitness class that combines both strength training and cardiovascular conditioning exercises that will challenge your muscles and increase your strength.

Aquatic Personal Training – Personal training can be held in the aquatics area. To obtain more information, contact Desiree Susini, Director of Personal Coaching and Fitness, dsusini@healthtrax.net.

Family Swim – Two lanes are reserved for open swimming. Children under 14 must be supervised by an adult and may not use the whirlpool, sauna, steam room, or therapy pool. Children must wear a swim diaper if they are not toilet trained.

Lap Swim – Designated number of lanes are open for lap swimming only. Please share lanes when necessary. First come first serve.

Open Swim – Lanes are designated and available for lap swimming, water walking, and similar aquatic exercises. First come first serve and please share lanes when possible.

Silver Splash – Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers® kickboard is used to develop strength, balance and coordination.

Swim Lessons – Individual and group classes for adults and children are held at various times of the day. One lane maximum is used at anytime.

•Aqua-Tots: www.aquatots-raleigh.com, 919-447-1234

Therapy Pool – Only for use by Sports & More Physical Therapy, please contact 919-845-6160 for more information about physical therapy including aquatic.

8300 Health Park • Raleigh, NC 27615 • 919.847.2393

Center Hours: Weekdays 5:00am – 10:00pm / Weekends 7:00am – 7:00pm

Pool Hours: Weekdays 5:00am – 9:45pm / Weekends 7:00am – 6:45pm

Youth Activity Center Hours: Monday-Saturday 8:15am – 1:00pm

Monday-Thursday 4:30 – 8:00pm

Sunday 1:00pm – 5:00pm