

# AQUATICS



## **NEW CLASS! Aqua Tone and Trim for Women**

Improve your upper and lower body strength and flexibility while enjoying the water. Strengthen your muscles by using special equipment to resist the force of the water, providing results similar to using weights at a gym. Tone your figure with flexibility training, including Water Pilates and Water Yoga. Class is ideal for water enthusiasts of all fitness levels. No cardio workout involved, class focuses solely on strength and flexibility exercises. Swimming skills are not required.

## **S.O.S. (Slim Our Shapes) Aquatics for Women**

Do you feel stuck in an endless cycle of diet and exercise programs? Let us “rescue” you with something new—the Slim Our Shapes class! Become part of a wonderful, enthusiastic group of women who are swimming their way towards lifelong health and fitness. This class includes a vigorous water aerobics workout, weekly weigh-ins, exercise tips and shared recipes for healthy eating. This great support group can help you achieve your fitness and weight loss goals! You should be comfortable in deep water to join this class.

## **Water Aerobics for Women**

A fast paced workout designed to elevate the heart rate, followed by exercise and a cool down. The resistance of the water helps tone muscles and provides a safe, low impact workout. All movements are done with head above the water. No swimming skills are required.

## **Water Aerobics Combo for Women**

Enjoy the benefits of both shallow and deep-water aerobics. Start with 30 minutes of shallow water aerobics followed by 25 minutes of deep-water aerobics.

## **Water Exercise for Women**

A unique exercise program using the water to firm muscles, increase motion and improve the cardiovascular system. Experience the fun and benefits of each class choreographed to different music. All exercises are done with the head above water. No swimming skills are required.

ATTENTION PHYSICAL WELLNESS PARTICIPANTS:  
**We recommend that you obtain a physician’s approval before beginning any exercise program.**

## **IMPORTANT:**

**Please note that a confirmation of registration will no longer be mailed. Your confirmation will be available at the first class meeting. Please mark your calendar with the dates, times and location of your class/program at the time you register.**

# AQUATICS

## FALL 2008 SEMESTER

### Fall Session I

Location: Pool in Caroline Hall, lower level

Registration deadline: Friday, August 1 (\$5 late fee will be assessed to registrations received after Friday, August 1)

Class	Days	Time	Dates	# of classes	Class size	Fee	Instructor	Class code
NEW! Aqua Tone and Trim for Women	Friday	10:00-10:55 a.m.	Aug. 23-Oct. 17	9	8 min, 12 max	\$45	Julie Gottemoller	AQU304.101
S.O.S. (Slim Our Shapes) Aquatics for Women	Friday	9:00-9:55 a.m.	Aug. 23-Oct. 17	9	8 min, 16 max	\$45	Julie Gottemoller	AQU202.101
Water Aerobics for Women	Monday & Wednesday	6:45-7:30 p.m.	Aug. 18-Oct. 15	17 (no class 9/1)	8 min, 16 max	\$85	Kathleen Kaleta	AQU201.101
Water Aerobics for Women	Tuesday & Thursday	9:00-9:45 a.m.	Aug. 19-Oct. 16	18	8 min, 16 max	\$90	Julie Gottemoller	AQU201.102
Water Aerobics for Women	Tuesday & Thursday	10:00-10:45 a.m.	Aug. 19-Oct. 16	18	8 min, 16 max	\$90	Julie Gottemoller	AQU201.103
Water Aerobics for Women	Tuesday & Thursday	6:00-6:45 p.m.	Aug. 19-Oct. 16	18	8 min, 16 max	\$90	Kathleen Kaleta	AQU201.104
Water Aerobics for Women	Tuesday & Thursday	6:45-7:30 p.m.	Aug. 19-Oct. 16	18	8 min, 16 max	\$90	Kathleen Kaleta	AQU201.105
Water Aerobics Combo for Women	Monday & Wednesday	9:00-9:55 a.m.	Aug. 18-Oct. 15	17 (no class 9/1)	8 min, 16 max	\$85	Julie Gottemoller	AQU301.101
Water Aerobics Combo	Monday & Wednesday	6:00-6:45 p.m.	Aug. 18-Oct. 15	17 (no class 9/1)	8 min, 16 max	\$85	Kathleen Kaleta	AQU301.102
Water Exercise for Women	Monday & Wednesday	10:00-10:50 a.m.	Aug. 18-Oct. 15	17 (no class 9/1)	8 min, 16 max	\$85	Julie Gottemoller	AQU101.101
<b>NEW!!!! Unlimited classes – Fall Session I (all classes included, per session)</b>						<b>Fee: \$165</b>	<b>AQU400.101</b>	

### Fall Session II

Location: Pool in Caroline Hall, lower level

Registration deadline: Friday, October 3 (\$5 late fee will be assessed to registrations received after Friday, October 3)

Class	Days	Time	Dates	# of classes	Class size	Fee	Instructor	Class code
NEW! Aqua Tone and Trim for Women	Friday	10:00-10:55 a.m.	Oct. 24-Dec. 19	8 (no class 11/28)	8 min, 12 max	\$40	Julie Gottemoller	AQU304.102
S.O.S. (Slim Our Shapes) Aquatics for Women	Friday	9:00-9:55 a.m.	Oct. 24-Dec. 19	8 (no class 11/28)	8 min, 16 max	\$40	Julie Gottemoller	AQU202.102
Water Aerobics for Women	Monday & Wednesday	6:45-7:30 p.m.	Oct. 20-Dec. 17	17 (no class 11/26)	8 min, 16 max	\$85	Kathleen Kaleta	AQU201.106
Water Aerobics for Women	Tuesday & Thursday	9:00-9:45 a.m.	Oct. 21-Dec. 18	17 (no class 11/27)	8 min, 16 max	\$85	Julie Gottemoller	AQU201.107
Water Aerobics for Women	Tuesday & Thursday	10:00-10:45 a.m.	Oct. 21-Dec. 18	17 (no class 11/27)	8 min, 16 max	\$85	Julie Gottemoller	AQU201.108

# AQUATICS

## Fall Session II (continued)

**Location:** Pool in Caroline Hall, lower level

**Registration deadline:** Friday, October 3 (\$5 late fee will be assessed to registrations received after Friday, October 3)

Water Aerobics for Women	Tuesday & Thursday	6:00-6:45 p.m.	Oct. 21-Dec. 18	17 (no class 11/27)	8 min, 16 max	\$85	Kathleen Kaleta	AQU201.109
Water Aerobics for Women	Tuesday & Thursday	6:45-7:30 p.m.	Oct. 21-Dec. 18	17 (no class 11/27)	8 min, 16 max	\$85	Kathleen Kaleta	AQU201.110
Water Aerobics Combo for Women	Monday & Wednesday	9:00-9:55 a.m.	Oct. 20-Dec. 17	17 (no class 11/26)	8 min, 16 max	\$85	Julie Gottemoller	AQU301.103
Water Aerobics Combo for Women	Monday & Wednesday	6:00-6:45 p.m.	Oct. 20-Dec. 17	17 (no class 11/26)	8 min, 16 max	\$85	Kathleen Kaleta	AQU301.104
Water Exercise for Women	Monday & Wednesday	10:00-10:50 a.m.	Oct. 20-Dec. 17	17 (no class 11/26)	8 min, 16 max	\$85	Julie Gottemoller	AQU101.102
<b>NEW!!!! Unlimited classes – Fall Session II (all classes included, per session)</b>						<b>Fee: \$150</b>	<b>AQU400.102</b>	

## WINTER/SPRING 2009 SEMESTER

### Winter Session

**Location:** Pool in Caroline Hall, lower level

**Registration deadline:** Friday, Dec. 12 (\$5 late fee will be assessed to registrations received after Friday, Dec. 12)

Class	Days	Time	Dates	# of classes	Class size	Fee	Instructor	Class code
NEW! Aqua Tone and Trim for Women	Friday	10:00-10:55 a.m.	Jan. 9-Mar. 13	10	8 min, 12 max	\$50	Julie Gottemoller	AQU304.103
S.O.S. (Slim Our Shapes) Aquatics for Women	Friday	9:00-9:55 a.m.	Jan. 9-Mar. 13	10	8 min, 16 max	\$50	Julie Gottemoller	AQU202.103
Water Aerobics for Women	Monday & Wednesday	6:45-7:30 p.m.	Jan. 7-Mar. 11	18 (no class 1/19)	8 min, 16 max	\$90	Kathleen Kaleta	AQU201.111
Water Aerobics for Women	Tuesday & Thursday	9:00-9:45 a.m.	Jan. 8-Mar. 12	19	8 min, 16 max	\$95	Julie Gottemoller	AQU201.112
Water Aerobics for Women	Tuesday & Thursday	10:00-10:45 a.m.	Jan. 8-Mar. 12	19	8 min, 16 max	\$95	Julie Gottemoller	AQU201.113
Water Aerobics for Women	Tuesday & Thursday	6:00-6:45 p.m.	Jan. 8-Mar. 12	19	8 min, 16 max	\$95	Kathleen Kaleta	AQU201.114
Water Aerobics for Women	Tuesday & Thursday	6:45-7:30 p.m.	Jan. 8-Mar. 12	19	8 min, 16 max	\$95	Kathleen Kaleta	AQU201.115
Water Aerobics Combo for Women	Monday & Wednesday	9:00-9:55 a.m.	Jan. 7-Mar. 11	18 (no class 1/19)	8 min, 16 max	\$90	Julie Gottemoller	AQU301.105
Water Aerobics Combo for Women	Monday & Wednesday	6:00-6:45 p.m.	Jan. 7-Mar. 11	18 (no class 1/19)	8 min, 16 max	\$90	Kathleen Kaleta	AQU301.106
Water Exercise for Women	Monday & Wednesday	10:00-10:50 a.m.	Jan. 7-Mar. 11	18 (no class 1/19)	8 min, 16 max	\$90	Julie Gottemoller	AQU101.103
<b>NEW!!!! Unlimited classes – Winter Session (all classes included, per session)</b>						<b>Fee: \$175</b>	<b>AQU400.103</b>	

# AQUATICS

## Spring Session

**Location: Pool in Caroline Hall, lower level**

**Registration deadline: Friday, March 6** (*\$5 late fee will be assessed to registrations received after Friday, March 6*)

Class	Days	Time	Dates	# of classes	Class size	Fee	Instructor	Class code
NEW! Aqua Tone and Trim for Women	Friday	10:00-10:55 a.m.	Mar. 27-May 15	7 (no class 4/10)	8 min, 12 max	\$35	Julie Gottemoller	AQU304.201
S.O.S. (Slim Our Shapes) Aquatics for Women	Friday	9:00-9:55 a.m.	Mar. 27-May 15	7 (no class 4/10)	8 min, 16 max	\$35	Julie Gottemoller	AQU202.201
Water Aerobics for Women	Monday & Wednesday	6:30-7:15 p.m.	Mar. 23-May 13	15 (no class 4/13)	8 min, 16 max	\$75	Kathleen Kaleta	AQU201.201
Water Aerobics for Women	Tuesday & Thursday	9:00-9:45 a.m.	Mar. 24-May 14	15 (no class 4/9)	8 min, 16 max	\$75	Julie Gottemoller	AQU201.202
Water Aerobics for Women	Tuesday & Thursday	10:00-10:45 a.m.	Mar. 24-May 14	15 (no class 4/9)	8 min, 16 max	\$75	Julie Gottemoller	AQU201.203
Water Aerobics for Women	Tuesday & Thursday	5:30-6:15 p.m.	Mar. 24-May 14	15 (no class 4/9)	8 min, 16 max	\$75	Kathleen Kaleta	AQU201.204
Water Aerobics for Women	Tuesday & Thursday	6:30-7:15 p.m.	Mar. 24-May 14	15 (no class 4/9)	8 min, 16 max	\$75	Kathleen Kaleta	AQU201.205
Water Aerobics Combo for Women	Monday & Wednesday	9:00-9:55 a.m.	Mar. 23-May 13	15 (no class 4/13)	8 min, 16 max	\$75	Julie Gottemoller	AQU301.201
Water Aerobics Combo for Women	Monday & Wednesday	5:30-6:25 p.m.	Mar. 23-May 13	15 (no class 4/13)	8 min, 16 max	\$75	Kathleen Kaleta	AQU301.202
Water Exercise for Women	Monday & Wednesday	10:00-10:50 a.m.	Mar. 23-May 13	15 (no class 4/13)	8 min, 16 max	\$75	Julie Gottemoller	AQU101.201
<b>NEW!!!! Unlimited classes – Spring Session (all classes included, per session)</b>						<b>Fee: \$135</b>	<b>AQU400.201</b>	

### IMPORTANT:

**Please note that a confirmation of registration will no longer be mailed. Your confirmation will be available at the first class meeting. Please mark your calendar with the dates, times and location of your class/program at the time you register.**