

MOLALLA AQUATIC CENTER

PROGRAM DESCRIPTIONS

Lap Swim

Lap swim is a time dedicated for serious swimmers. This is not a good time for children looking to have fun without structure. Our 8-lane pool offers plenty of space for swimmers of all speeds. When no other programs are offered at the same time as lap swim, additional space is available for water walking or personal exercise. Equipment available during lap swim includes: kick boards, pull buoys, hand paddles, fins, water weights, floatation belts, and water noodles. Lap Swim is denoted by a gray color on the MAC schedule.

Water Fitness Classes

The MAC offers a wide selection of different water fitness classes. All classes are taught by qualified instructors. Class participants must be 16 years or older. We recommend having a positive attitude while in class. Please inquire about the different class descriptions, available class times, and prices! Water Fitness Classes are denoted by a green color on the MAC schedule.

Tot Time

Tot Time is an hour-long swim time reserved especially for parents and children. Recommended age is 5 and under. During Tot Time, one adult and one child swim for only \$4.00 or \$5.00! Additional children or adults will pay the regular drop-in program fees. Tot Time is denoted by a pink color on the MAC schedule.

Swimming Lessons

The MAC offers swim lessons for children of all ages. Parent-Child Aquatic classes are for children 6 months to 3 years and their parents. Pre-School Aquatic classes are for children ages 3-5; and Learn-To-Swim classes are for children ages 5 and above. Please inquire about the different class levels and times, as they may vary each session. Swimming Lessons are denoted by a yellow color on the MAC schedule.

Swim Team

Age group swim team is offered through Oregon City Swim Team. Kids who can swim a 25 Freestyle, turn and swim a 25 Backstroke are invited to join. Additional fees will apply. Inquire about additional information if interested. Swim Teams are denoted by an orange color on the MAC schedule.

Recreational Swim

Open swim for all ages! The MAC has inner tubes, a basketball hoop, a rope swing, and plenty more! Rec Swim is denoted by a blue color on the MAC schedule.

Adult Swim

This is a time reserved for adults and seniors to enjoy the quiet aquatic atmosphere. Please no children during this time. Adult swim is denoted by a gray color on the MAC schedule.

MOLALLA AQUATIC CENTER **WATER FITNESS CLASS DESCRIPTIONS**

Deep Water Fitness

Zero impact class taught exclusively in the deep water. Exercise belts may be worn if desired. Participants should be comfortable being in the deep water for the duration of the class. This is a total body workout designed to keep the impact from your joints and increase strength in your core.

Instructors: *Breanna Castell & Melissa Georgesen*

Water Walking

A low impact, slow moving class designed to increase stability and balance. Move at your own pace doing a variety of exercises intended to keep the resistance high and the impact low.

Instructor: *Jolene Cummings*

Boards & Fins

Travelling class utilizing kick boards and swim fins. Participants need to be comfortable moving from the shallow to the deep water throughout the class. Participants are able to work at their own pace which makes for a class for all levels of fitness.

Instructor: *Cristy Gilmer*

Water Pilates

An aquatic based body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals and arms. It puts emphasis on spinal and pelvic alignment, breathing and developing a strong core., and improving coordination and balance.

Instructor: *Cristy Gilmer*

Circuits

Instructor led circuit style aquatic training. Class will be in shallow, deep or a combination. Cards vary in strength training, aerobic and flexibility. Classes will begin with a warm up and end with a proper cool down.

Instructor: *Melissa Georgesen & Jarett Gago*

Stretch & Tone

Slow it down with this class designed to enhance strength and flexibility. Impact is minimal and participants are able to work at their own pace. Classes will utilize noodles, kick boards and hand buoys.

Instructor: *Melissa Georgesen*

Boot Camp

Our newest class designed to kick your butt! This class is not for the faint of heart. Primarily taught in shallow water, this class uses Tabata-style sets to push your heart rate and your mindset. Jumps, running and other high intensity moves will be used throughout class. What have you got to lose?

Instructor: *Breanna Castell*

Aquacise

The original water workout class at your fingertips. Typically taught in shallow water, this class will feature aerobic sets; high intensity; core work and balance. Participants can work at their own pace in a fun class environment. No previous swimming skill is required.

Instructors: *Melissa Georgesen & Jarett Gago*

Hydrocise Plus

A moderate to high intensity workout in both shallow and deep water. Designed for participants of all abilities and ages. No previous swimming skill is required. Classes will use noodles and hand buoys; as well as the resistance of the water. Work at your own pace or push it- this class has everything you need to work hard and have a good time.

Instructor: *Jolene Cummings*

Arthritis

A water based exercise program that is tailor made for individuals with arthritis. Class includes gentle exercises and movement specifically designed to help promote a healthier lifestyle. The program is proven to decrease pain and depression while improving functional ability, range of motion and strength.

Instructor: *Cindy Morrison*

Aqua Stretch*

A new form of individually facilitated aquatic exercises which may be used in wellness programs. Aqua Stretch uses a series of stretching exercises done in varying depths of water and with or without weights. Aqua Stretch is considered a break through in pain management and injury prevention. This class carries an additional fee and pre-registration is required. Please inquire at the Front Desk to register.

Instructor: *Cindy Morrison*

