

EXERCISE CLASS WATER SPACE

will generally be the following:

Mornings

8:30 Mon thru Fri classes will be held in the main indoor pool in the west 3 lanes and deep end.

9:45 Tues and Thur classes will be held outside on the north end (Summer)

Evenings

6:00 Mon, Tues and Thurs classes will be held outside (Summer) or in 2-3 west lanes (based on available space) and part of the time in the deep end.

Weekends

Classes will be held outside (Summer Only) or in the main indoor pool in the west 2-3 lanes and deep end

Water Exercise Space Exceptions

Some exceptions to regular class space needs to be made to accommodate special events such as swim meets or in the event of maintenance or inclement weather. Your instructor will remind you of special events that affect the class. We also post signs in advance at the front counter.



Water Aerobics Classes



**Join the fun!
Classes
available 7
days a week**

1600 Highway 88
Minden, NV 89423
phone: 775.782.8840
www.cvs swim.com

www.cvs swim.com or
775.782.8840

Class Information

Water Aerobics

Our water aerobics classes are led by trained professionals. Patrons of all abilities & ages are welcome and encouraged to work at their own pace. Each one hour session is lively, fun and full of a variety of exercises.

See our back page for water space

Please remember to take all personal belongings out of the dressing room and hang on the racks provided on the deck. Daily Lockers are also available for \$.50 Also be courteous to lap swimmers when entering the pool. The lane by the stairs is available prior to class.

Class Times & Instructors

Monday

8:30am -9:30am

Water Exercise

SARAH

6:00pm -6:45pm

Water Exercise

DEANNA

Wednesday

7:30am-8:15am

Deep Water

SARAH

8:30am -9:30am

Water Exercise

SARAH

Friday

7:30am-8:15am

Deep Water Class

DEANNA

8:30am -9:30am

Water Exercise

DEANNA

Saturday

9:00am-10:00 am

Aqua Zumba

LAURA

Tuesday

8:30am -9:30am

Water Exercise

REAGAN

9:45am-10:45am

Water Exercise

REAGAN

6:00pm -7:00pm

Water Exercise

KIM

Thursday

8:30am -9:30am

Water Exercise

REAGAN

9:45am-10:45a m

Aqua Zumba

LAURA

6:00pm -7:00pm

Water Exercise

KIM

Sunday

9:00am-10:00 am

Water Exercise

REAGAN

Fees

Drop-In Fees:

Adult \$6 Youth/Senior \$5
Or \$1 charge with swim pass

Passes Available:

	<u>Res:</u>	<u>Non:</u>
15 Adult Exercise	\$71	\$81
15 Senior Exercise	\$42	\$48
30 Day Adult Exercise	\$60	\$68
30 Day Senior Exercise	\$40	\$45
90 Day Adult Exercise	\$155	\$177
90 Day Senior Exercise	\$90	\$103
365 Adult Exercise	\$480	\$531
365 Senior Exercise	\$319	\$353
365 Senior Exercise (75+)	\$269	\$269

NOTE: 30 Day, 90 Day, & Year passes include public swim