

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 session is lively, fun and full of a variety of exercises.

Please remember to take all personal belongings out of the dressing room and onto the pool deck. Daily Lockers are also available for \$2-\$3

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

9:45am-10:45am

Water Exercise
LISA

Wednesday

7:30am-8:15am

Deep Water
SARAH

8:30am-9:30am

Water Exercise
SARAH

Friday

7:30am-8:15am

Deep Water
DEANNA

8:30am-9:30am

Water Exercise
DEANNA

Tuesday

8:30am-9:30am

Water Exercise
DEANNA

9:45am-10:45am

Water Exercise
DEANNA

6:00pm-7:00pm

Water Exercise
JULIE

Thursday

8:30am-9:30am

Water Exercise
NADINE

9:45am-10:45am

Water Exercise
JULIE

6:00pm-7:00pm

Water Exercise
JULIE

Saturday

9:00am-10:00am

Water Exercise
LISA

Fees

Drop-In Fees:

Adult \$7 Senior/Youth \$6
Or \$1 charge with a swim pass

Passes Available:

	Res:	Non:
15 Adult Exercise	\$84	\$94
15 Senior Exercise	\$57	\$66
30 Day Adult Exercise	\$80	\$100
30 Day Senior Exercise	\$60	\$80
90 Day Adult Exercise	\$186	\$208
90 Day Senior Exercise	\$110	\$130
365 Adult Exercise	\$480	\$531
365 Senior Exercise	\$319	\$353
365 Senior Exercise (75+)	\$269	\$269

NOTE: All passes include public swim

INDOOR CLASS WATER SPACE

The **Deep Water** classes are held in the main indoor pool, in the deep end/diving area.

The **Water Exercise** classes are held in the main indoor pool, in the west 2 or 3 lanes, and in the deep end/diving area.

SUMMER OUTDOOR CLASS WATER SPACE

The following classes are held in the outdoor pool during the summer:

9:45 am Tue & Thur



Carson Valley Swim Center
1600 Hwy 88 Minden, Nevada
775.782.8840 www.cvs swim.com



Water Aerobics Classes 2023



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

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

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Water Exercise Space Exceptions

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