

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

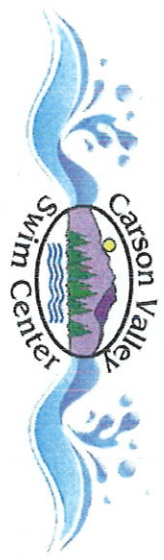
The following classes are held in the outdoor pool during the summer:

9:45 am Tue & Thur

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.



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



Water Aerobics Classes 2024



Join the fun! Classes available 6 days a week

775.782.8840
www.cvswim.com

Class Information

Class Times & Instructors

Fees

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.

Monday

8:30am-9:30am
Water Exercise

SARAH

9:45am-10:45am
Water Exercise

LISA

Tuesday

8:30am-9:30am
Water Exercise

DEANNA

9:45am-10:45am
Water Exercise

DEANNA

Wednesday

7:30am-8:15am
Deep Water

SARAH

8:30am-9:30am
Water Exercise

SARAH

Thursday

8:30am-9:30am
Water Exercise

NADINE

9:45am-10:45am
Water Exercise

JULIE

Friday

7:30am-8:15am
Deep Water

DEANNA

8:30am-9:30am
Water Exercise

DEANNA

Saturday

9:00am-10:00am
Water Exercise

LISA

Drop-In Fees:
Adult \$7 Senior/Youth \$6
Or \$2 charge with a swim pass

Passes Available:

	Res:	Non:
15 Adult Exercise	\$84	\$94
15 Senior Exercise	\$72	\$81
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

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.