

## 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  
NICOLE

### 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 \$2 charge with a swim pass

### Passes Available:

	<u>Res:</u>	<u>Non:</u>
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

## **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.



## **Water Aerobics Classes**



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

1600 Highway 88  
Minden, NV 89423  
phone: 775.782.8840  
[www.cvswim.com](http://www.cvswim.com)

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