

Aquatic Tides



New Class Walk & Stretch

Walk & Stretch: Including portions of Tai Chi & Yoga movements, join our low to no impact class to improve overall flexibility, range of motion, balance, strength and condition levels in addition to decreasing general pain and stiffness. Excellent for beginners and seniors with limiting physical or rheumatic conditions.

Tuesdays at 10 AM in our Warm Water Pool.

Pool Etiquette

The pools are open to all members while classes are scheduled. However, please remember to be courteous to class participants and the instructors. Please do not swim through the class or hold conversations while classes are in progress.