



Group Aquatic Fitness Classes

Schedule Effective: February 1, 2008

Center Hours
Monday—Thursday 6:30 AM—9:00 PM
Friday 6:30 AM—6:30 PM
Saturday 7:30 AM—2:00 PM



“Where Aquatics is much more than just swimming!”

Birdsboro

Course Descriptions

Ai Chi: Ai Chi brings the goals and activities of Tai Chi to the water emphasizing slow movements, balance, core control and breathing in a quiet, static setting. Class is appropriate for all. (30 min) **Tai Chi** (45 min)

Aqua Challenge: Take a deep water challenge with this class. 45-minutes of deep water power, cardio and strengthening. Belt up for a great workout. (45 min)

Aqua Force: This one hour workout will whip you into shape in no time! High intensity moves using various pieces of equipment and the force of the water! (60 min)

Aqualates Plus: Want to really build your core muscles? Then this is the class for you! Core conditioning and lower body strengthening for everyone! (30 min)

Aqua Splash: 45-minutes of wake-up aerobics to get your day started. Combination of cardiovascular endurance, strength training, flexibility and toning. (45 min)

Cardio Blast: High energy, high intensity cardio workout to help you release all of your stored energy from the day. (45 min)

Deep Intervals: Combine low and high intensity intervals to achieve maximum cardiovascular strength and endurance. A great class for those seeking a harder workout with zero impact on the joints. (45 min)

Extreme Deep: Heart pumping cardio mixed with strength training for the entire body and abdominals! The perfect class for those looking for a whole body workout! (60 min) and (90 min)

Gentle Waves: Work on ROM for all of your joints. This is an excellent starting place for those transitioning from personal training and PT. The perfect exercise for those with arthritis. (45 min)

H2O Walking: A variety of exercises done while walking forward, backward, and sideways. Work on building your cardiovascular endurance and core stabilization and balance. (45-minutes)

H2O Stroll: Water walking for the beginner! We will use a variety of exercises while walking forward, backward, and sideways to help you gain balance and control over your body (45-minutes)

Instructor's Choice: Saturday morning “Get yourself moving in the weekend class”. Instructor varies as does the class. Sign up at the front desk weekly. No matter what the class, it will be a great workout. (60-minutes). Requires at least 5 registrants by Thursday to have class.

Just For Me: Low intensity workout in shallow water. Addresses upper body, lower body conditioning as well as muscular strengthening and endurance building. (45-minutes)

Power Hour: A great combination of 60 minutes of cardiovascular intensity plus strength training & toning...an hour of power just as the name says. (60-minutes)

Power Walking: A variety of exercises while walking forward, backward, and sideways. In this class we will add a short cardio routine for those looking for a little more cardiovascular endurance. (45-minutes)

Rip Tide: 45-minutes of deep water cardio guaranteed to get your heart pumping. Great class for those looking for a harder workout with zero impact on the joints! (45-minutes & 60-minutes)

Rise & Shine: A variety of formats and instructors to get your morning started. Exciting and fun cardio moves mixed with strength training and abdominals. (45-minutes)

Form 001-2008

BIRDSBORO AQUATIC FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30—7:15 AM RISE & SHINE	6:30—7:15 AM RISE & SHINE	6:30—7:15 AM RISE & SHINE	6:30—7:15 AM RISE & SHINE	6:30—7:15 AM RISE & SHINE	7:45—8:45 AM INSTRUCTOR'S CHOICE pre-register at the front desk
7:30—8:15 AM H2O WALKING	7:30—8:15 AM POWER WALK	7:30—8:15 AM H2O WALKING	7:30—8:15 AM POWER WALK	7:30—8:15 AM H2O WALKING	
8:15—8:45 AM AI CHI	8:15—8:45 AM AI CHI	8:15—8:45 AM AI CHI	8:15—8:45 AM AI CHI	8:15—8:45 AM AI CHI	SWIM SCHOOL 9:00-11:30AM (NO OPEN FITNESS)
9:00—10:00 AM POWER HOUR	9:00—9:45 AM H2O STROLLING	9:00—10:00 AM POWER HOUR	9:00—9:45 AM H2O STROLLING	9:00—10:00 AM POWER HOUR	
10:00-10:45 AM H2O STROLLING* DEEP INTERVALS*	9:45-10:45 AM EXTREME DEEP	10:00-10:45 AM H2O STROLLING* DEEP INTERVALS*	9:45-10:45 AM EXTREME DEEP	10:00-10:45 AM H2O STROLLING* DEEP INTERVALS*	
10:45-11:30 AM JUST FOR ME	10:45 –2:30 PM NO SCHEDULED CLASS	10:45—11:30 AM JUST FOR ME	10:45 –2:30 PM NO SCHEDULED CLASS	10:45—11:30 AM JUST FOR ME	* indicates multiple classes in the pool at one time.
11:30-12:15 PM GENTLE WAVES	(open fitness)	11:30 -12:15 PM GENTLE WAVES	(open fitness)	11:30-12:15 PM GENTLE WAVES	
12:15-4:30 PM NO SCHEDULED CLASS (open fitness)	2:30—3:15 PM WATER TAI CHI	12:15-4:30 PM NO SCHEDULED CLASS (open fitness)	2:30—3:15 PM WATER TAI CHI	12:15—5:30 PM NO SCHEDULED CLASS (open fitness)	OPEN FIT & FAMILY SWIM 11:30—1:45 PM
4:30—5:15 PM RIP TIDE	3:15-4:30 PM NO SCHEDULED CLASS (open fitness)	4:30—5:15 PM RIP TIDE	3:15-4:30 PM NO SCHEDULED CLASS (open fitness)		
5:30—6:30 PM AQUA FORCE	4:30—5:30 PM EXTREME DEEP	5:30—6:30 PM AQUA FORCE	4:30—5:30 PM EXTREME DEEP		
6:30—7:15 PM CARDIO BLAST	5:00-7:45 PM SWIM SCHOOL (NO OPEN FITNESS)	6:30—7:15 PM CARDIO BLAST	5:00-7:45 PM SWIM SCHOOL (NO OPEN FITNESS)	5:30—6:30 PM AQUA FORCE	BIRTHDAY PARTIES & RENTALS
7:15—7:45 PM AQUALATES				FAMILY SWIM 6:30-8:45 PM (NO OPEN FITNESS)	
7:45-9:00 PM NO SCHEDULED CLASS (open fitness)	7:45-9:00 PM NO SCHEDULED CLASS (open fitness)	7:45-9:00 PM NO SCHEDULED CLASS (open fitness)	7:45-9:00 PM NO SCHEDULED CLASS (open fitness)		POOL CLOSED 2:00-6:00pm
					OPEN FITNESS HOURS 6:30AM-4:30 PM MON - FRI

BLANDON AQUATIC FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30—8:15 AM AQUA SPLASH	7:30—8:15 AM AQUA SPLASH	7:30—8:15 AM AQUA SPLASH	7:30—8:15 AM AQUA SPLASH	7:30—8:15 AM AQUA SPLASH	NO SCHEDULED CLASS (open fitness)
8:15—8:45 AM AI CHI	8:15—8:45 AM AI CHI	8:15—8:45 AM AI CHI	8:15—8:45 AM AI CHI	8:15—8:45 AM AI CHI	
8:45—9:30 AM RIP TIDE	8:45—9:30 AM DEEP INTERVALS	8:45—9:30 AM RIP TIDE	8:45—9:30 AM DEEP INTERVALS	8:45—9:30 AM RIP TIDE	SWIM SCHOOL 9:00-11:30 AM (NO OPEN FITNESS)
9:30-12:00PM NO SCHEDULED CLASS (open fitness)	9:30-1:00 PM NO SCHEDULED CLASS (open fitness)	9:30-12:00PM NO SCHEDULED CLASS (open fitness)	9:30-1:00 PM NO SCHEDULED CLASS (open fitness)	9:30-12:00PM NO SCHEDULED CLASS (open fitness)	
12:00-12:45 PM H2O STROLLING		12:00-12:45 PM H2O STROLLING		12:00-12:45 PM H2O STROLLING	OPEN FIT & FAMILY SWIM 11:30—1:45 PM
12:45—1:15 PM AI CHI		1:00—2:00 PM GENTLE WAVES		12:45—1:15 PM AI CHI	
1:15-5:00 PM NO SCHEDULED CLASS (open fitness)	4:30—5:30 EXTREME DEEP	1:15-5:00 PM NO SCHEDULED CLASS (open fitness)	4:30—5:30 EXTREME DEEP	FAMILY SWIM 6:30-8:45 PM NO SCHEDULED CLASS	BIRTHDAY PARTIES AND RENTALS 2:00-6:00 PM
	7:00—7:45 PM AQUA CHALLENGE	7:00—8:30 PM EXTREME DEEP	7:00—7:45 PM AQUA CHALLENGE	OPEN FITNESS HOURS 6:30 AM—5:00 PM MON through FRI	
	7:45—8:30 PM POWER WALKING		7:45—8:30 PM POWER WALKING		





320 West Main St., Birdsboro 610-582-2348
 825 Park Road., Blandon 610-944-9500

Helping to Build A Healthier Community

Pricing Sheet
 Effective August 1, 2008

Swim School

Our swim school services begin for children 3 months of age and continue through adulthood. We have four 12-week quarter sessions, with open enrollment through the fifth week of each quarter. We provide both group and private lessons. Our program is based on the theory of balance and buoyancy. We focus on the position of the body in the water making the swimmer comfortable in and under the water before we teach specific strokes. Check out our website or Front Desk for the schedules.



Quarter Fee	\$156.00
Private/Semi Lessons	\$35/\$20 each lesson



Family Swim

Friday 6:30-8:45 PM
Saturday 12:00-1:45 PM

Family	\$12
Fitness Member Family	\$9
Guest (3 Max)	\$5/each

Birthday Parties & Pool/Room Rentals



Organized Party 1-Hour Pool/1-Hour Room	\$200
Pool Rental	\$130
Room Rental per hour	\$40
Log Rolling (9+ yrs - Birdsboro only)	\$20
Gus or Goldie Walk-Around Character Visit	\$20



Personal Training

Fitness Consultation: Our goal is to help you develop a balanced exercise program that fits your specific needs, goals, life-style, and abilities. Fitness consultations are free to all 3-12 month memberships if scheduled within 30 days of registration.

Consultation	\$30
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Exercise Program Design: Personalized exercise programs can be designed to address your specific physical conditions. Through a fitness observation and health history evaluation, the trainer will identify specific health conditions and needs to make the necessary modifications to your exercise program. Individualized programs allow for the design and modification of exercises for:

- Injury rehabilitation
- Post surgical rehabilitation
- Physical concerns such as:

Obesity	Arthritis	Hypertension
Diabetes	Fibromyalgia	CFS

Your program will be set up to incorporate the four components of fitness - muscular strength, cardiovascular endurance, flexibility, and body composition.

4-30 Minute Sessions	\$70
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One-On-One Supervised Exercise: One-on-one supervised exercise is the engaging of a personal trainer for the purposes of teaching, coaching, advising, and counseling. The trainer will meet with you to design a program based on your goals and needs; then you will meet one-on-one with the trainer for supervised exercise to help you accomplish your goals. Suggested 1-3 times per week.

30-Min Session	1-Hr Session	12-30 Min Pkg	10-1 Hr Pkg
\$30	\$45	\$240	\$350

Massage Therapy Services:

Aquabilities Massage Therapy Center is open to anyone. Registration is not required to receive services. Available at both locations!

Modalities Available:

- Therapeutic, Swedish and Sports massage**
- Pregnancy, Infancy, Pediatric and Geriatric Massage**



30-Minute Session	\$35
1-Hour Session	\$65

Specialized Modalities: (By appointment only)

- Cranial-Sacral Therapy**—influences the function of the central nervous system, Cranial-Sacral Therapy uses a gentle touch to monitor the rhythms of the body and enhances overall health.
- Neuromuscular Therapy**—comprehensive program of soft tissue manipulation that helps to balance the body's central nervous system with the musculoskeletal system.
- Watsu**—in water massage for the purpose of relaxation, increasing joint mobility and flexibility.

Specialized Sessions	\$70
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Aquatic Fitness Membership

Aquabilities' Fitness membership includes:

- All Aquatic Fitness Classes
- Lap Lane/Water Walking for independent fitness
- Aquatrend Exercise stations for independent use
- 10% Discount on Swim School & Family Nights as well as periodic specials
- All 3, 6 or 12 month memberships receive a free fitness consultation from one of our personal Trainers (excluding senior day fitness memberships) if scheduled within 30 days of registration.

Registration:

Registration is required for all new participants at Aquabilities. "Family" status implies immediate family members including dependent children under the age of 21.

Single	\$40
Family	\$50

Adult Fitness Membership

Duration	1 Year	6 Months	3 Months	1 Month
Fee	\$516	\$324	\$186	\$65
Spouse	\$480	\$300	\$171	\$60

Senior (62+) & Student (15 yrs—college (22 yrs) Fitness Membership

Duration	1 Year	6 Months	3 Months	1 Month
Fee	\$444	\$270	\$156	\$55
Spouse	\$396	\$252	\$141	\$50

Senior (62+) Day Fitness Membership

Birdsboro 11:30 AM—4:30 PM Mon-Fri Only
Blandon 11:30 PM—4:30 PM Mon-Fri Only

Duration	1 Year	6 Months	3 Months	1 Month
DAY ONLY	\$240	\$150	\$90	N/A

Junior (10-15 yrs) Fitness Membership

Duration	1 Year	6 Months	3 Months	1 Month
	\$240	\$150	\$90	N/A

Fitness Punch Tickets:

Our fitness punch tickets allow the freedom of accommodating your own schedule for fitness classes without the investment of a fitness membership. Please know there is a six-month expiration on fitness punch tickets and that tickets do not allow use of the lane, fitness well or Aquatrend stations for independent fitness regime. One punch equals one class.

8—Classes	\$80
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Drop-In Fitness:

Registration fee required after the first visit. With a drop in fitness you are invited to take part in any of the fitness classes as well as to do independent lap swimming, water walking or exercise.

Adult	\$12
Junior (10-15)	\$7