



Water Fitness Schedule

As of June 21, 2021

Pre-registration is required for all programming, and is available online. Due to limited capacity, water fitness classes will be \$15 per session. Three-month passes and 10 punch passes are not applicable at this time. We will be extending pass expiration dates to match the length their usage is impacted. Please call our front desk with questions at 360-568-8030 ext 7.

Please visit us at www.snohomishaquatic.com for a complete list of fees, program descriptions, rules and other important facility information.

RP = Recreation Pool CP = Competition Pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 – 8:30 a.m.		Aqua Dance Fusion (RP)		Aqua Dance Fusion (RP)	
8:30 – 9:30 a.m.	Shallow Fit (RP)	Shallow Fit (RP)	Shallow Fit (RP)	Shallow Fit (RP)	Shallow Fit (RP)
7 – 8 p.m.	HIIT (RP)		HIIT (RP)		

TIME	SATURDAY
7:45 – 8:45 a.m.	HIIT (RP)

WATER FITNESS CLASS DESCRIPTIONS

SHALLOW FIT

Total body shallow water workout! Lose fat, build endurance, build muscle, and have fun!

AQUA DANCE FUSION

Join the heart-happy pool party! Boost your energy and shake off anything you don't want any more in this blend of dancing and high intermittent intensity training. More fun than work, you will leave class feeling energized and refreshed!

*DEEP WATER

This non-impact deep water class incorporates muscular strengthening for both upper and lower body, aerobics conditioning and abdominal toning exercises. In it you'll use flotation equipment for buoyancy and water resistance. A great full body workout! Participants should be comfortable in deep water.

HIGH INTENSITY INTERVAL TRAINING (HIIT)

Get ready to run, kick, push, pull, and HIIT your way to a greater level of fitness! Woven into this class is the opportunity for fat loss, strength gains, improved agility, cardio conditioning, and fun that interval training is known to deliver. Be challenged to breathe and work harder for short periods of time. You will look and feel better as a result!

The Snohomish School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Coordinator, Title IX Coordinator and ADA – Darryl Pernat, 1601 Avenue D, Snohomish, WA 98290, 360-563-7285, darryl.pernat@sno.wednet.edu; Section 504 Coordinator and Harassment, Intimidation and Bullying – Shawn Stevenson, 1601 Avenue D, Snohomish, WA 98290, 360-563-7314, shawn.stevenson@sno.wednet.edu.