



# Pool Program Descriptions

**Ai Chi** - This class focuses on the importance of connecting the mind, body and spirit with breathing. Experience the deep relaxing effect of warm water, while challenging core stability, balance, coordination and flexibility.

**AquaBility class**- This class is suitable for individuals comfortable moving in water without assistance. Class focuses on enhancing balance, posture, functional range of motion and muscular strength. Mindful movement designed for participants with mild to moderate health challenges

**Splash & Chat** - Enjoy non-structured time. Take this opportunity to try the pool equipment, socialize, laugh and have fun!



**Baby & Me** - For infant and toddler caregivers seeking an aquatic fitness class to enjoy with their youngster. Appropriate for infants and toddlers between the ages of 6 months and 2 years

**Blue Soothe** - Work independently with exercises prescribed by your doctor or aquatic time with your therapist. You are also welcome to come to attend to enjoy a quieter aquatic experience.

**Swim Lessons** - Register yourself or your child for a private lesson with a swim instructor. Swim lessons will be geared to the skills the learner is ready to learn, based on the Life Saving Society program.

