

251 Pump House Road  
410.263.7928

## Aqua Fitness Age 18+ \$5 per class

### Aqua Aerobics

Participants must be comfortable in deep water (12 feet). This deep-water class is a great interval workout in the pool. This is a high-energy no-impact workout for adults. "Use your noodle" in class to "cycle" around the deep end. This class incorporates upper and lower body muscles simultaneously. Instructors: Hector Barragan (Mon/Wed/Fri) / Ale Butler (Tue/Thu)

### Inclusive Swim & Splash all ages

Exercise is challenging, especially for those with a disability. Join us on Friday mornings to swim and enhance your abilities to accomplish the seemingly impossible or just to have fun. This inclusive aquatic program allows individuals with disabilities the opportunity to live more and is a great way to keep fit and healthy despite challenges normally found with outdoor exercise or in a gym environment. Proper supervision required, ADA-compliant. For questions, please contact Jennifer Jennings at [jmjennings@annapolis.gov](mailto:jmjennings@annapolis.gov).

### Aqua Tone & Sculpt

Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles. Instructor: Meleah Sims



### Aqua Yoga and Laps

Enjoy lap swimming and Yoga Back to back. Either warm up with Yoga before an aquatic workout or enjoy a relaxing session after a vigorous swim work out. This class for new and experienced students. Increase strength and flexibility through poses and movement. Develop mental balance and focus through breathing and meditation. Please bring your own yoga mat. Instructor: Aimee Seal

### Aqua Walk in the Leisure Pool

Monday-Thursday, 8:30-9:30 am  
Saturday, 9:45-11:45 am

### Masters' Swimming Age 18+

Get in shape this summer through Masters swimming. This program is open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. Workouts are designed to help you improve your technique and endurance and train for specific goals. Participants can shower at the outdoor showers before heading to work! This session is most appropriate for returning Masters' swimmers and those who have a swimming background. Coach: Keith McCaffery

First come, first served, 2 swimmers per lane  
\$5 per session program fee  
Jun 1 through Sep 2

### Lap Swim Hours

The competition pool is open for lap swimmers ONLY. Maximum two people per lane, first come first served, two lap lanes are available during daily operation. \$5

