COSUMNES PARKS RECREATION FIRE CSD Enriching Community Saving Lives

Parks & Recreation Department

MAKING LIVES BETTER!

Water Aerobics

January–May 2017 | Age 16+ | Wackford Aquatic Complex, *9014 Bruceville Rd.*

We offer multiple class formats and types for all levels and abilities designed for overall health and wellness. Aqua belts and barbells provided. Participants need to bring their own water noodle. All classes taught by certified instructors. Visit www.yourcsd.com for a list of instructors.

Deep Water Aerobics

Must be able to swim 25 yards unassisted. This non-impact class offers the freedom of movement without touching or standing on the pool bottom in a depth of 8 feet. Great for cardiovascular exercise or treating muscle and bone injuries.

Session I

#68350	M, W	1/4 - 1/11	9:00 - 9:55 am	$12
#68351	Tu, Th	1/3 - 1/12	9:00 - 9:55 am	$12
#68354	Tu, Th	1/3 - 1/12	6:15 - 7:10 pm	$9
#68352	Fri	1/6 - 1/13	9:00 - 9:55 am	$6
#68355	Sat	1/7 - 1/14	9:00 - 9:55 am	$6

Session II

#68358	M, W	1/18 - 1/25	9:00 - 9:55 am	$12
#68359	Tu, Th	1/17 - 1/26	9:00 - 9:55 am	$12
#68361	Tu, Th	1/17 - 1/26	6:15 - 7:10 pm	$9
#68360	Fri	1/20 - 1/27	9:00 - 9:55 am	$6
#68363	Sat	1/21 - 1/28	9:00 - 9:55 am	$6

Session III

#68366	M, W	1/30 - 2/8	9:00 - 9:55 am	$12
#68367	Tu, Th	1/31 - 2/9	9:00 - 9:55 am	$12
#68370	Tu, Th	1/31 - 2/9	6:45 - 7:40 pm	$12
#68368	Fri	2/3 - 2/10	9:00 - 9:55 am	$6
#68371	Sat	2/4 - 2/11	9:00 - 9:55 am	$6

Session IV

#68374	M, W	2/13 - 2/22	9:00 - 9:55 am	$9
#68375	Tu, Th	2/14 - 2/23	9:00 - 9:55 am	$12
#68378	Tu, Th	2/14 - 2/23	6:45 - 7:40 pm	$12
#68376	Fri	2/17 - 2/24	9:00 - 9:55 am	$6
#68379	Sat	2/18 - 2/25	9:00 - 9:55 am	$6

Session V

#68382	M, W	2/27 - 3/8	9:00 - 9:55 am	$12
#68385	M, W	2/27 - 3/8	7:05 - 8:00 pm	$12
#68383	Tu, Th	2/28 - 3/9	9:00 - 9:55 am	$12
#68386	Tu, Th	2/28 - 3/9	7:05 - 8:00 pm	$12
#68384	Fri	3/3 - 3/10	9:00 - 9:55 am	$6
#68387	Sat	3/4 - 3/11	9:00 - 9:55 am	$6

Session VI

#68390	M, W	3/13 - 3/22	9:00 - 9:55 am	$12
#68393	M, W	3/13 - 3/22	7:05 - 8:00 pm	$12
#68391	Tu, Th	3/14 - 3/23	9:00 - 9:55 am	$12
#68394	Tu, Th	3/14 - 3/23	7:05 - 8:00 pm	$12
#68392	Fri	3/17 - 3/24	9:00 - 9:55 am	$6
#68395	Sat	3/18 - 3/25	9:00 - 9:55 am	$6

Session VII

#68398	M, W	3/27 - 4/5	9:00 - 9:55 am	$12
#68401	M, W	3/27 - 4/5	7:05 - 8:00 pm	$12
#68399	Tu, Th	3/28 - 4/6	9:00 - 9:55 am	$12
#68402	Tu, Th	3/28 - 4/6	7:05 - 8:00 pm	$12
#68400	Fri	3/31 - 4/7	9:00 - 9:55 am	$6
#68403	Sat	4/1 - 4/8	9:00 - 9:55 am	$6

Session VIII

#68406	M, W	4/10 - 4/19	9:00 - 9:55 am	$12
#68409	M, W	4/10 - 4/19	7:05 - 8:00 pm	$12
#68407	Tu, Th	4/11 - 4/20	9:00 - 9:55 am	$12
#68410	Tu, Th	4/11 - 4/20	7:05 - 8:00 pm	$12
#68408	Fri	4/14 - 4/21	9:00 - 9:55 am	$6
#68411	Sat	4/15 - 4/22	9:00 - 9:55 am	$6

Session IX

#68414	M, W	4/24 - 5/3	9:00 - 9:55 am	$12
#68417	M, W	4/24 - 5/3	7:05 - 8:00 pm	$12
#68415	Tu, Th	4/25 - 5/4	9:00 - 9:55 am	$12
#68418	Tu, Th	4/25 - 5/4	7:05 - 8:00 pm	$12
#68416	Fri	5/05	9:00 - 9:55 am	$3
#68419	Sat	5/06	9:00 - 9:55 am	$3

Session X

#68422	M, W	5/08 - 5/17	9:00 - 9:55 am	$12
#68425	M, W	5/08 - 5/17	7:05 - 8:00 pm	$12
#68423	Tu, Th	5/09 - 5/18	9:00 - 9:55 am	$12
#68426	Tu, Th	5/09 - 5/18	7:05 - 8:00 pm	$12
#68424	Fri	5/12 - 5/19	9:00 - 9:55 am	$6
#68427	Sat	5/13 - 5/20	9:00 - 9:55 am	$6

Session XI

#68404	M, W	5/22 - 5/31	9:00 - 9:55 am	$9
#68413	M, W	5/22 - 5/31	7:05 - 8:00 pm	$9
#68405	Tu, Th	5/23 - 6/1	9:00 - 9:55 am	$12
#68420	Tu, Th	5/23 - 6/1	7:05 - 8:00 pm	$12
#68412	Fri	5/26 - 6/2	9:00 - 9:55 am	$6

Shallow Water Aerobics

An energetic workout for all participant levels with movements that will increase your heart rate and offer you a total body workout. This class will include low and high impact moves to improve cardiovascular health. It includes an abdominal workout to strengthen, tone, and build the body's core muscles. Class is conducted in shallow water with a maximum depth of 4.5 feet.

Session X

#68334	M, W	5/8 - 5/17	10:00 - 10:55 am	$12
#68336	M, W	5/8 - 5/17	8:05 - 9:00 pm	$12
#68335	Tu, Th	5/9 - 5/18	10:00 - 10:55 am	$12
#68337	Tu, Th	5/9 - 5/18	8:05 - 9:00 pm	$12

Session XI

#68338	M, W	5/22 - 5/31	10:00 - 10:55 am	$9
#68340	M, W	5/22 - 5/31	8:05 - 9:00 pm	$9
#68339	Tu, Th	5/23 - 6/1	10:00 - 10:55 am	$12
#68341	Tu, Th	5/23 - 6/1	8:05 - 9:00 pm	$12

NOTE: All classes have a participant minimum of 10 and a maximum of 18 for shallow water and 25 for deep water. Early registration is suggested for classes to not be cancelled. Classes will be cancelled one business day in advance if the minimum participant number is not met.

CSD Aquatics
Discover the Water

For more information, call (916) 405-5600 • www.yourcsd.com •