



## SWIM DESCRIPTIONS

### AQUATIC CLASS DESCRIPTIONS:

**Aqua Yoga** - This stress-reducing gentle exercise class increases flexibility and balance.

**Gentle Moves** - Improve range of motion and joint health as you move through the soothing medium of warm water. Improve muscle tone, flexibility, and balance.

**Tone & Stretch** - This low-impact conditioning class focuses on improving strength, endurance, and flexibility.

**Aqua Trim** - This energetic cardio workout uses resistance equipment to increase strength and improve aerobic capacity.

**Aqua Fusion** - Instructor's choice. This class uses a variety of styles to enhance your strength training and cardio fitness.

**Aqua Power** - This high-energy, shallow water class improves aerobic conditioning and total body fitness.

**Deep/Shallow** - Combine the power of deep with the intensity of shallow for a non-stop cardio workout.

**Going Deep** - Try a deep water fitness class that will shape your body and improve your cardio health. Increase your strength and endurance with no impact on the joints. Buoyancy equipment provided.

**Super Fit (Deep)** - A total body workout with no impact on the joints. Buoyancy equipment provided.

### OTHER TERMS:

**Lap swim** - swimming continuous laps. Kickboards and pull-buoys are available for use.

**Family Swim** - Adults and families only. Children 15 and under must be accompanied in the water with a parent.

**Public Swim** - Open to all ages. Children 6 and under must be accompanied in the water and be within arms reach of a parent at all times. Slide is on during this time (swimming and height requirements).

**Splash Away** - Discounted public swim. Open to all ages. Slide is on at this time (swimming and height requirements).

**Aqua Play** - Parents, bring your children for non-instructed, in-water play-time! Non-toilet trained children must wear swim diaper or plastic pants. One adult in the water for every three children.

**Clark College** - The entire pool is closed during Clark College times. If you would like to register for one of their classes you will need to do so at the college.

**VSC - Vancouver Swim Club** - The entire pool is closed to the public during VSC practice time. For more information on the swim club, please call 360-944-1872.

**Kayak** - Uninstructed kayak rolling practice time. Bring your own clean equipment.

**Swim Lessons** - During swim lesson time the pool is not open for other swimming. To register for swim lessons call 487-7100, click [vanclarkparks-rec.org](http://vanclarkparks-rec.org) or stop in.

**Reminder: Children age 6 and older MUST use the locker room of their own gender or families may use the family changing room.**

**Reminder: Children of any age wearing a lifejacket must be within an arms reach of an adult at all times.**

*Please ensure you keep your valuables safe by using the lockers. Small lockers are 25cents and large are 50cents.*