

Holland Adult Swim

Perfect proper stroke techniques and conditioning in a fun and safe environment at our Holland Family Building.

Aquacise

Osteo-Fit, stretching, cardio & resistance training. This lighter style water workout will keep you flexible and build up bone density.

Mondays/Wednesdays/Fridays
10:45 am-11:45 am
Clare Hans Ongoing
\$5/class, JCC Members FREE

Adult Swim Team

For those looking to put a little competitive edge in to their daily swims or triathletes looking for fun sprint workouts. Let coach Kym write and coach workouts throughout the week.

September 12-December 3
Practice times:
Sundays: 4:00 pm-5:00 pm
Mondays: 7:30 am-8:30 am
Tuesdays: 8:00 pm-8:45 pm
Thursdays: 8:00 pm-8:45 pm
Fridays: 12:00-12:45 pm
\$60, JCC Members \$45

Splash Dance

Bring your dancing water shoes and get ready to burn calories. This water dance class will incorporate a variety of dance moves such as salsa and the classic hustle. You will break a sweat and have fun while dancing the day away.

Tuesdays 7:00 pm-7:45 pm
Starts: October 5
Ongoing
\$5/class,
JCC Members FREE
\$10/class,
JCC Members \$60 (11 weeks)

Stroke Refinement

Become a better lap swimmer. See your stroke on video, break down the basics and learn how to get your full potential out of every stroke and kick.

Session I: September 13-October 11
Session II: October 25-November 22
Mondays (5 weeks)
5:30 pm-6:00 pm
\$45, JCC Members \$30

Session I: September 19-October 17
Session II: October 31-November 28
Sundays (5 weeks)
9:30 am-10:00 am
\$45, JCC Members \$30

Water Aerobics

Enjoy a variety of music while keeping your heart rate up and your body working harder. Use water weights and aerobics to tone and burn calories. Includes cardio, strength and ab training.

Mondays & Wednesdays
7:00 pm-8:00 pm
Dick Pauley Ongoing
\$5/class,
JCC Members FREE

Water Muscles

60 minute intense cardio & toning class that works the whole body. This advanced water aerobics class challenges you to work harder while enjoying great music and fun. Water weights and noodles are used to tone & strengthen muscles. You will notice a difference in flexibility and balance after just 2 weeks.

Sundays, 10:30 am-11:30 am
Tuesdays & Thursdays
10:45 am-11:45 am
Kym Seiss Ongoing
\$5/class,
JCC Members FREE

Wave Runner - Cardio & Core

Mix of cycling, kickboxing and jogging using ankle weights, water weights, aqua jogger. Based on building core strength, this class will burn up to 300 calories. Take a FREE trial run today.

Session I: September 13-October 20
Session II: October 25-December 1
Mondays & Wednesdays (6 weeks)
12:00 pm-12:30 pm
\$45, JCC Members \$30

Wave Runner Plus

Same as Wave Runner but a little more difficult, plus an extra 15 minutes.
Saturdays, 12:00 pm-12:45 pm
Ongoing
\$5/class (pay as you go)

Wet Sweat

Cardio based class, done to music. Water weights and noodles are used briefly for toning and choreographed moves help to get you sweating and burning calories.

Saturdays,
11:00 am-11:45 am
Kym Seiss Ongoing
\$5, JCC Members FREE

ADULT

aquatics

