



# ASPIRE ACTIVE

## Aquatics Program

19th September - 31st October 2010

		8:00	9:00	10:00		18:00	19:00	20:00	21:00	
<b>WOMEN'S AQUATIC PROGRAM</b>	<b>LADIES CLUB</b>	<b>SUN</b>	Free Swim	Free Swim		Free Swim	Free Swim			
				Aqua Running		Aqua Running				
				BEAUTYFULL & Pre-Natal		BEAUTYFULL & Pre-Natal				
		<b>MON</b>	Free Swim	Free Swim	Free Swim		Free Swim	Free Swim	Free Swim	
					Aqua Whole Body		Aqua Whole Body			
<b>TUE</b>		Free Swim	Free Swim		Free Swim	Free Swim				
			Aqua Running		Aqua Whole Body					
<b>WED</b>	Free Swim	Free Swim	Free Swim		Free Swim	Free Swim	Free Swim			
			Aqua Whole Body		Aqua Running					
					BEAUTYFULL & Pre-Natal					
<b>THU</b>		Free Swim	Free Swim		Free Swim					
		Aqua Running								
		BEAUTYFULL & Pre-Natal								
<b>MEN'S AQUATIC PROGRAM</b>	<b>ASPIRE DOME</b>	<b>SUN</b>						Testing		
								Free Swim		
		<b>MON</b>						Free Swim	Free Swim	
		<b>TUE</b>						Free Swim		
		<b>WED</b>						Free Swim	Free Swim	
<b>THU</b>						Free Swim				

**Note:**

- \* Swimming is an add-on and cannot be purchased separately.
- \* A compulsory Swimming Test must be completed before subscription to any swimming courses. - see back for details.
- \* Classes and times are subject to change and availability.
- \* During Ramadan there will be a modified timetable, during public holidays and special events (Eid Al Fitr, Eid Al Adha, Christmas and New Year), there will be no or accordingly reduced activities.
- \* The instructor may cancel a class or direct attendees to another class if the number of participants is insufficient.

## AQUATICS PROGRAM - CLASS DESCRIPTIONS

### WOMEN & MEN (18yrs +)

**SWIM FIT 1  
(Women & Men)  
8 session course.**  
Basic swimming strokes taught to enhance aquatic fitness.

**SWIM FIT 2  
(Women & Men)**  
Introduction of swimming drills to optimize stroke level and improve aquatic fitness in ongoing monthly sessions.

**SWIM FIT 3  
(Women & Men)**  
Participants follow specially designed swimming program appropriate to their level of aquatic fitness in ongoing monthly sessions.

**FREE SWIM  
(Women & Men)**  
Swimming pool area is open for aquatic program members to swim laps at their own pace.

**AQUA CONDITIONING (Men)**  
Challenging workout with aquatic equipment designed to increase muscle strength and endurance.

**AQUA WHOLE BODY  
(Women)**  
Toning and cardio full body workout with various aquatic equipment.

**AQUA RUNNING  
(Women)**  
Powerful cardio workout, to increase endurance and overall fitness levels.

**AQUA PRE-NATAL  
(Women)**  
Therapeutic and buoyant effect of water combined with energizing aquatic exercise. Optimum workout for you and your baby.

**AQUA WETBALL  
(Women)**  
Challenging and stimulating workout using a ball as main training equipment to increase fitness.

### TEENAGE GIRLS

**WATER ACTIVE Girls (9-17 yrs)  
16 session course.**  
Designed for girls with basic swimming abilities to improve water confidence and fitness. Fun activities such as snorkeling, WetBall, aqua motion and survival swimming.

**Teen Aqua (12-17 yrs)**  
The classes are part of Teen Fitness program. Focus on exercises which increase heart rate, work specific muscle groups.

### TEENAGE BOYS (12-17yrs)

**Coming Soon.**

### COMPULSORY TEST

#### Why do we have to test you?

Due to swimming pool depth and to ensure your safety, those who wish to enroll in aquatic classes are tested to determine current aquatic skills.

#### Testing is based on the following criteria:

- \* Confident entry into the water.
- \* Ability to float comfortably on front or back.
- \* Ability to swim 25 m confidently.
- \* Confident whilst submerged under water.

**Testing will be evaluated individually. The decision of the instructor will remain final.**

#### Booking your Test:

To sign up, contact:  
ASPIRE ACTIVE Aquatic Reception:

Women's Aquatic: Tel. No. 413-6485  
8:00 - 11:00 a.m. Sunday - Thursday  
5:00 - 8:00 p.m. Sunday - Wednesday

Men's Aquatic: Tel. No. 413-6488 or 413-6245  
5:00 - 8:00 p.m. Sunday - Thursday