CURRENT CLASS DESCRIPTIONS

Class Schedules are subject to change without notice. We cannot guarantee it, but will attempt to post notices of cancellations. Please consult your physician before any exercise program. Please inform instructor of any physical limitations prior to working out. Thank you for your understanding.

Advanced Senior Water Fitness:
This workout integrates a variety of cardiovascular movements as well as strengthening exercises for the weak major muscle groups, along with flexibility exercises to stretch muscles. Low to moderate intensity/flow impact.

Aqua Endurance:
Improve your endurance in a high intensity class while strengthening key muscle groups.

Aqua Interval:
Challenges participants through timed intervals of moderate to intense exercise.

Deep/Shallow Water Fitness:
A moderate to high intensity sixty minute workout that combines being suspended in the deep water using water aerobic belts or noodles and interval training in the shallow end.

Finishing For Strength:
A high intensity water workout. Designed to focus on the abs, quads and hips. Participants will need to bring their own fins and gloves. The second 1/2 of the class works on strength training.

Group Swim Lessons:
Pre-Beginner to Intermediate group swim instruction teaching children ages 3-12 yrs how to swim with qualified instructors in a safe environment. Registration is required.

High Intensity:
Looking for a more challenging water fitness class? A high intensity water class which can include being suspended in the deep end (5ft). Utilizes buoys and noodles for resistance.

Hydro Happy Hour:
Start your weekend off right with a lively, high-intensity water fitness class set to "oldies" music you will want to move and groove to!

JAWS Stroke Clinic:
Offered monthly, eight (8) one hour group sessions focusing on improving the 4 competitive swim strokes and preparing youth for competitive swimming. Registration is required.

Lap Swimming:
A time for lap swimmers to come train or workout for health and fitness. 4 laps lanes are provided with lane lines. Lane sharing and circle swimming are encouraged at peak times.*

Senior Water Fitness:
Focuses on balance and muscular endurance for the major muscle groups. Works on range of motion and function, with total body stretch while enjoying the comfort of water.

Shape Up and Train:
A workout for ALL which uses a variety of working positions to prevent impact on the joints when submerged. These positions strengthen and stabilize joints while providing a good cardio workout.

Open Swim:
All members and their guests are invited to swim and play in the water. Open to all swimmers.

Tai Chi/Instructor Choice:
Instructor's choice with mindful movements of Tai Chi, Yoga, and Pilates set to soothing music in shallow water. A low intensity, complete workout for the mind and body.

Twist and Shout:
A fun full body water workout from head to toe!

Walking 4 Fitness:
A low impact, joint friendly workout that utilizes walking patterns and progressions for a total body workout.

Water Fitness:
A 60 minute workout that combines aerobic conditioning and muscular endurance.

There will always be at least one lane available for lap swimming during scheduled classes.

Classes with an average of 6 or less participants are subject to change.

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Aquatic Center Hours

Mon – Thu: 5:00AM to 9:00PM
Friday: 5:00AM to 5:30PM
Sat-Sun: 8:00AM to 5:30PM