

Our Instructors....

Fran Maguire

Fran has been involved in sports and fitness for over 30 years. Fran is a certified Aquafitness Instructor (CALA) and has held a Personal Trainer certification through the YMCA.

Debbie McNamee

Debbie is CALA certified with several years of experience in Aquatics and instructing.

Tess Nicholson

Tess has taught Aquafit for many years, and has wonderful life experiences with motivating patrons to do their best.

Anne Tanner

Anne has been teaching Aquafit classes at the pool since 1997. She is a certified Aquafitness Instructor (CALA). She has also received a diploma in Physical Education – Fitness Instructor.



Get Involved

**DON'T LET YOUR
SUMMER FIGURE
HEAD SOUTH FOR THE
WINTER.**

**FIGHT BACK, GET
ACTIVE AND JOIN
AQUAFIT.**

IT'S "NO SWEAT"

**WATER RESISTANCE
BUILDS MUSCLE MASS
WITHOUT HARMFUL
IMPACT ON YOUR
JOINTS**



359 Bridge Street, Carleton Place, ON. K7C 3H9

2016-2017

**Aquafitness
It's "No Sweat"**

Builds muscle strength & endurance
Increases flexibility & range of motion
Improves balance & circulation

Various times to suit your needs
Workouts can be modified for your
fitness level, including pre and post
natal, arthritis and rehabilitation

**YOU ARE REQUIRED TO BRING YOUR
OWN AQUAFIT BELT TO CLASS.
Belts are available for purchase
at the pool.**

**WATER...it will give you a
LIFT every time!**

Carleton Place Aquatics

359 Bridge St. Carleton Place, ON K7C 3H9
Phone: 613-257-1005 or Fax: 613-257-3708
cppool@carletonplace.ca
www.carletonplace.ca

Admission Fees:

Drop In:

Adult (18-54)	\$10.25
Yth/Senior (55+)	\$8.75

Punch Cards (10 visits):

Adult (18-54)	\$92.25
Yth/Senior (55+)	\$78.75

Annual Memberships (1 year):

Adult (18-54)	\$544.00
Yth/Senior (55+)	\$460.00
Non-Residents ADD	\$58.50

Evenings ONLY Aquafit

Membership	\$357.25
Non-Residents ADD	\$58.50

Arthritis Annual Membership:

All Ages	\$395.75
Non-Residents ADD	\$58.50

Aquatic Membership Policies:

- These prices may be subject to change without notice.
- Pre-registration is not required for any of our Aquafit programs.
- Punch cards do not expire.
- Annual memberships expire 1 year from date of purchase and are non-transferable.
- All membership pricing has been set to incorporate closures for maintenance and holidays. ******(See Membership brochure for additional policy information.)
- Classes offered are dependent upon Instructor availability and can change without notice.
- Prices are tax included unless otherwise stated.

Aquafit Sessions

Fall - Sept 6 to Dec 23, 2016
Winter - Jan 9 to Mar 10, 2017
Spring - Mar 20 to June 30, 2017

MORNING Programs

Mon, Wed & Friday	9:00-9:45 am
Tues & Thurs	8:30-9:15 am

**Pool is shared with other programmed activities.*

EVENING Programs

Add 15 minutes of hot pool at the end of each class for all evening classes.

Tuesday - Deep Water	- 7:45-8:30 pm
Thursday - Deep Water	- 7:45-8:30 pm

Take control of your fitness today...

Cardio Shallow Workout

Energy Builders Combo

Deep Water Running

**WE HAVE SOMETHING FOR
EVERYONE!!**

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AQUA ARTHRITIS

Arthritis classes offer the same benefits as our regular program with less intensity, a slower pace and an emphasis on modifying movements to suit individual needs, it's a great social environment too!

The goal of our Arthritis program is to improve physical well-being by increasing range of motion, strength, coordination, balance and endurance. A combination of these will help to decrease pain and stress.

This is a therapeutic class and is not intended to replace any prescribed exercises. Please check with your doctor prior to beginning any new exercise program.

ARTHRITIS Aquafit

Mon & Wed & Fri

11:15-12:00

This is a Heartwise Program