

## 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), as well as an Aqua Arthritis Specialist. She has also received a diploma in Physical Education – Fitness Instructor.

### Laurel Price

Laurel is certified through WaterArt. She is very keen and eager to build on her training and deliver a great workout.



*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

**2017-2018**

**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**

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

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

**Carleton Place Aquatics**

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

[cppool@carletonplace.ca](mailto:cppool@carletonplace.ca)  
[www.carletonplace.ca](http://www.carletonplace.ca)

## Admission Fees:

### Drop In:

Adult (18-54)	\$10.50
Yth/Senior (55+)	\$9.00

### Punch Cards (10 visits):

Adult (18-54)	\$94.50
Yth/Senior (55+)	\$81.00

### Annual Memberships (1 year):

Adult (18-54)	\$560.25
Yth/Senior (55+)	\$473.75
Non-Residents ADD	\$60.25

#### Evenings ONLY Aquafit

Membership	\$265.00
Non-Residents ADD	\$60.25

### Arthritis Annual Membership:

All Ages	\$407.75
Non-Residents ADD	\$60.25

### 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 5 to Dec 22, 2017  
Winter - Jan 8 to Mar 9, 2018  
Spring - Mar 19 to June 29, 2018

### 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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OWN AQUAFIT BELT TO CLASS.  
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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**