

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

2018-2019

**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!**

Please bring your own AQUAFIT BELT.
Belts are available for purchase at the pool.
Cancelled classes due to holidays will be
posted in advance or ask your Instructor.

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)	\$10.75
Yth/Senior (55+)	\$9.25

Punch Cards (10 visits):

Adult (18-54)	\$96.75
Yth/Senior (55+)	\$83.25

Annual Memberships (1 year):

Adult (18-54)	\$577.00
Yth/Senior (55+)	\$488.00
Non-Residents ADD	\$62.00

Evenings ONLY Aquafit

Membership \$273.00
Non-Residents ADD \$62.00

Arthritis Annual Membership:

All Ages	\$420.00
Non-Residents ADD	\$62.00

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. We cannot replace lost or stolen punch cards.
- 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 4 to Dec 21, 2018
Winter - Jan 7 to Mar 8, 2019
Spring - Mar 18 to June 28, 2019

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!!**

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



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