

Our Instructors....

Fran Maguire

Fran has been involved in sports and fitness for over 40 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.

Laurel Price

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

Brenda Price

Brenda is certified through WaterArt. She brings several years of experience in Aquatics and teaching. Brenda 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

2019-2020

**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 / Punch Cards

Youth (13-17)	\$9.50/\$85.50
Adult (18-54)	\$11.00/\$99.00
Senior (55+)	\$9.50/\$85.50

Annual Memberships (1 year)

Youth (13-17)	\$502.75
Adult (18-54)	\$594.50
Senior (55+)	\$502.75
<i>Non-Residents ADD \$64.00</i>	

6-Month Aquafit Membership

Adult (18-54)	\$386.50
Senior (55+)	\$326.75

Non-Residents ADD \$64.00

*6-month memberships must be paid in full at the time of purchase, and are valid for 6 continuous months from the purchase date.

Evenings ONLY Aquafit

Membership (1 yr)	\$281.25
<i>Non-Residents ADD \$64.00</i>	

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 3 to Dec 20

Winter – Jan 6 to Mar 13

Spring – Mar 23 to June 26

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 ONLY Memberships

All Ages - \$432.50

6-month Membership - \$281.00

Non-Residents ADD \$64.00

*6-month memberships must be paid in full at the time of purchase, and are valid for 6 continuous months from the purchase date.

ARTHRITIS Aquafit

Mon & Wed & Fri

11:15-12:00

This is a Heartwise Program