

# 2022/2023 AQUAFIT SCHEDULE

Starting Tuesday, September 6, 2022

It's "No Sweat". Water Resistance builds muscle mass without harmful impact on your joints.

Aquafit Arthritis – Monday, Wednesday, Friday - 11:15 am to 12:00 pm  
Aquafit (with music) – Tuesday & Thursday 8:15 am to 9:00 am; and, Friday 9:00-9:45 am

*No pre-registration is required, classes are 'pay-as-you-go'.*

## Fees for Aquafit & ARTHRITIS - Drop In and Multi Visit Cards\*

### **AQUAFIT - Drop IN – RESIDENTS / NON-CONTRIBUTING Areas**

Seniors 55 years and over and Youth 13 to 17 years	\$10.00 / \$15.00
Adult 18 years and over	\$11.50 / \$17.50

### **AQUAFIT - Multi Visit Cards\* – RESIDENTS**

#### **10 Visit Card – 20 Visit – 30 Visit – 40 Visit Cards**

Seniors 55 years plus and Youth 13 to 17 years	\$90 / \$180 / \$250 / \$320
Adult 18 years and over	\$103.50 / \$207 / \$287.50 / \$368

### **AQUAFIT - Multi Visit Cards\* – NON-CONTRIBUTING Areas**

#### **10 Visit Card – 20 Visit – 30 Visit – 40 Visit Cards**

Seniors 55 years plus and Youth 13 to 17 years	\$135 / \$270 / \$375 / \$480
Adult 18 years and over	\$157.50 / \$315 / \$437.50 / \$560

#### **NOTES:**

1. Resident fees apply to persons who reside within the Town of Carleton Place and Beckwith Township. All other areas pay a Non-Contributing rate for programs. Visit [www.carletonplace.ca/pool](http://www.carletonplace.ca/pool) for updated program information, refund policy and pricing details.
2. Multi visit cards expire at the end of each calendar year. All visits must be used up by December 31<sup>st</sup>.

## 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.