

Brecksville Indoor Pool Schedule

Definition of Terms

Adult Swim Lessons	Adult swimming lessons meet the need of the general public. This class is tailored to every individual's needs and everyone will be progressed in the water according to their abilities. All areas will be covered from water exploration to stroke development
Get In Synch	An introductory synchronized swimming experience for ages 6 - 15 years old. Children will have fun while learning the basic synchronized swim skills. Please see the "Aquatics" brochure for more information.
Lap Swim	During lap swim there are four lap lanes available for lap swimming. In addition the last two sections of the pool are left open for other forms of water exercise (i.e. Water jogging)
Open Swim	During open swim there are no scheduled programs or sections of the pool closed off unless otherwise noted. During open swim there are two lap lanes available for lap swimming.
Synchronized Swim Team	The Brecksville Blue Dolphins competitive synchronized swim team works on developing swimmers' synchronized skills and helps them develop figures and routines that are used in competition. Teams form in August for the following year. For more information please call (440) 546-2318. During synchro swim practice the deep end, diving board, and one lane are closed unless otherwise noted.
Learn-to-Swim (Preschool, Kids -N-Company)	The purpose of the American Red Cross Learn to Swim program is to teach individuals how to be safe in, on, and around the water. Participants are taught fundamental swimming skills and basic rescue techniques. Classes are offered at varying times throughout the year. To find out when the next offering of classes are please pick up an "Aquatics" brochure. During Learn to Swim classes the entire pool is closed unless otherwise stated.
Competitive Swim Instruction	This is an extension of the Learn to Swim program. It is designed for children ages 7 - 13 years old to develop competitive swim techniques and endurance. The program requires participants to continuously swim laps. Participants should be able to swim a minimum of ten continuous laps before registering. Please see the "Aquatics" brochure for more information.
Water Exercise TNT	Water Exercise TNT was developed to help individuals achieve their personal fitness goals. This class is geared for participants of all ages and fitness levels. Varied exercises and repetitions allow participants to customize the workout to fit their needs. There is a high concentration on cardiovascular endurance and strength training with little to no impact on the joints. Participants will use a variety of equipment including float belts, noodles, stretch cords, and barbells. Come for the workout but stay for the fun, and put some TNT back into your fitness regimen.

Human Services Therapy Pool Schedule

Definition of Terms

<p>Self Directed Therapy</p>	<p>Self Directed Therapy is defined as a time in which there are no scheduled programs taking place. This time is reserved for qualified individuals to complete any exercises as directed by their physician that they know how to do and can complete on their own. Individuals wishing to use the Therapy Pool during this time must have a doctor complete a Self Directed Therapy Verification form and have it on file.</p>
<p>Arthritis</p>	<p>The Arthritis Class is a recreational exercise program developed by the Arthritis Foundation to help individuals with Arthritis and other related conditions. The activities and exercises are designed to encourage self care, social interaction, improve muscle strength and flexibility. Each participant works at his or her own fitness level. Modifications are given for each exercise to help individuals customize the program to fit their needs. This program is an excellent post therapy class or post surgery class as it focuses on muscle strengthening and flexibility.</p>
<p>Water Yoga</p>	<p>The purpose of the Water Yoga program is to provide participants with exercises that will help them increase their range of motion, flexibility, and will help to minimize stress. The Water Yoga program will help participants work on their balance, posture, and relaxation, while helping to foster a sense of well-being. Participants of all fitness levels and mobility are be able to join. The warm water, shallow depths, seating areas, and handlebars allow this class to be adapted for any participants.</p>
<p>Liquid Strength</p>	<p>The Liquid Strength program is to provide participants with water resistance training. Participants will spend 60 minutes working in the water on range of motion activities and resistance training. This class is open to individuals of all ages and varying abilities especially those with mobility impairments.</p>
<p>Yogaerobics</p>	<p>Yogaerobics is a recreational exercise program that includes both Yoga and Aerobic exercises to improve muscle strength and flexibility. It is designed to encourage relaxation, self care, and social interaction This program will help participants work on their balance, posture, and relaxation, while helping to foster a sense of well-being. Participants of all fitness levels and mobility are be able to join. Modifications are given for each exercise to help individuals customize the program to fit their needs. This program is an excellent post therapy class or post surgery class as it focuses on muscle strengthening and flexibility.</p>
<p>Nora's Water Exercise Class</p>	<p>Nora's Water Exercise class is conducted entirely in the shallow end of the indoor pool. Class begins with warm-up exercises to get participants acclimated to the water. After the warm-up the exercises become more vigorous to work the large muscle groups. Toning exercises and resistance stretches are varied to keep the exercises fresh and invigorating. The goal is to increase participants muscle tone, cardio benefits, and to help them achieve their personal health goals.</p>