



Mountain View Aquatic Center

2650 Gordy Parkway, Marietta GA 30066 (770) 509-4925

No participants are allowed to join class **10 minutes past** the class start time.

Aquarobic Class Schedule

Shallow Water Aerobics

Monday-Friday 8:00am-8:55am
Tuesday & Thursday 10:00am-10:55am
Tuesday & Thursday 6:00pm- 6:55pm

A mid to high intensity class with low impact that gets your blood pumping. This class offers an aerobic workout that combines cardio, muscle toning with strength and stretching. 30 person max.

Deep Water Aerobics

Monday-Friday 9:00am-9:55am

Enjoy a deep water workout that has no impact on the joints, but still has a high intensity cardiovascular workout to burn calories and sculpt your body. 30 person max.

(This class is taught in our lap pool - Depth is over 6ft).

Shallow Water Arthritis

Monday, Wednesday, Friday 10:00am-10:55am

Work your joints from head to toe with this non-aerobic workout. No impact and no rebounding off of the bottom of the pool. American Arthritis Association guidelines are followed. 25 person max.

Deep Water Arthritis

Monday, Wednesday, Friday 10:00am-10:55am

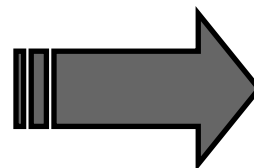
Work joints, build strength with no impact and no cardio. This class is taught in the deep side of the instructional pool. 15 person max.

Adaptive Aquatics

Monday, Wednesday, Friday 11:00am-11:55am

Expect low impact arthritis-type exercises highlighting joints, balance, stretching and strength. Possible use of equipment to supplement exercises. 30 person max.

**Additional
Information
& Policies
on reverse**



	Cobb County Residents		Non-Cobb County Residents	
	Adults	Senior (55yrs+)	Adults	Senior (55yrs+)
Daily Aquaerobic Pass	\$4.50	\$2.00	\$6.75	\$3.00
Ten-Visit Aquaerobic Pass	\$45.00	\$20.00	\$67.50	\$30.00

Policies and Information

- **All participants must sign in.**
- No participants are allowed to join class **10 minutes past** the class start time.
 - If you require additional time to change and get ready for the classes, please make sure to arrive with plenty of time before class starts.
- Participation is on a first come first serve basis. Class space is limited.
- If you plan on participating in two classes, both must be purchased and you must sign-in upon arriving. “Open Swim” time is a separate pass and has scheduled times.
- Participants must exit the pool at the completion of class. Classes are 55 minutes long. Use of pool outside of designated class time is not permitted unless another pass is purchased for “Open Swim” while abiding by the scheduled instructional pool or lap pool hours.
- Participants may not be disruptive during class.
- All instructors are certified.
- All medical classes require that you have approval from your physician to participate.
- Cobb PARKS and the Mountain View staff are not responsible for lost or stolen items.

Age Restrictions

- Anyone 55 and over is eligible for senior pricing.
- Deep and Shallow Water classes: Participants must be at least 13 years of age and be under the supervision of a legal guardian. Participants 16 and older do not require the supervision of a legal guardian.
- Arthritis and Adaptive Aquatic classes: Participants must be 16 and older. Exceptions may be made for medical

