

Water Exercise Class

When is it?

Mondays / Wednesdays / Fridays from 6:15-7am

Classes are subject to cancellation due to low attendance the day of class, instructor conflicts, holidays, pool maintenance, etc. It is on-going with occasional breaks for holidays and instructor leave.

How do I get there and where do I park?

Follow Monona Dr and turn onto Coldspring. Park in a visitor spot or on the street side of the fire line. Enter the North Doors, pool is inside on the left.

How do I pay?

Daily Fee, Pool Pass, or Punch Card. View Rates and Passes for fees. This is a drop-in class, there is no registration required.

Who do I Pay?

Pay the lifeguard or Aquatic Director

When should I come?

Just a few minutes early if you need to change. Leave your things in the locker room or bring them on deck. You may swim laps before or after class during Lap Swim hours.

Who are the Instructors?

Changes frequently, sometimes there is no instructor

What are the benefits of Water Exercise?

- Great for all fitness levels
- Good for weight loss / fat burning
- Builds strength, flexibility and muscle tone
- Excellent cardio-respiratory exercise
- Releases stress and tension
- Reduced risk of exercise stress-related injuries
- Increased resistance in water
- A massaging effect is created when your muscles are surrounded by water
- Year-round exercise
- Make new friends