



MOUNT PLEASANT RECREATION MAGAZINE

IN *MOTION*

WINTER/SPRING 2021



REGISTRATION BEGINS **DEC. 7TH**

AQUATICS

The Mount Pleasant Recreation Aquatics Program provides a safe and inviting environment that is accessible to the community. All programs are designed to accommodate novice, intermediate, and advanced swimmers, as well as individuals with varying levels of ability, knowledge, and expertise.

ANNUAL AQUATIC MEMBERSHIPS

Individual Membership.....\$200/\$350 (res/non-res)
Family Membership.....\$400/\$700 (res/non-res)

SWIM PASS (Membership not required)

Check out the weekly pool schedule for daily lap and recreational swim times by visiting www.MtPleasantRec.com.

Swim Pass (10 visits).....\$40/\$80 (res/non-res)
Senior Swim Pass (10 visits).....\$30/\$60 (res/non-res)
Daily Visit.....\$5/\$10 (res/non-res)

LAP & RECREATIONAL SWIMMING

Check out the weekly pool schedule for daily lap and recreational swim times by visiting www.tompsc.com.

FACILITY INFORMATION

R. L. JONES CENTER POOL*

391 Egypt Road | Phone: 843-884-2528

DATES	DAYS	TIME	ACTIVITY CODE
Monday - Thursday		7 am - 8:15 pm	
Friday		7 am - 6:30 pm	
Saturday		9 am - 5 pm	

*No pool entry 30 minutes prior to closing

PARK WEST POOL*

1251 Park West Blvd., SUITE 102 | Phone: 843-856-2536

DATES	DAYS	TIME	ACTIVITY CODE
Monday - Thursday		7 am - 8:15 pm	
Friday		7 am - 6:30 pm	
Saturday		8 am - 5 pm	

*No pool entry 30 minutes prior to closing.

Locker room facilities close 15 minutes after pool hours.

REGISTRATION INFORMATION

Refunds: A \$10 processing fee will be charged for each approved refund request. Refund requests must be received up to five business days before the start date of the activity. Requests must be made by an adult 18 years or older.

Transfers: A \$10 processing fee will be charged for all transfers. Transfer requests must be received up to three business days before the activity start date. No transfer requests will be honored after this time. Requests must be made by an adult 18 years or older.

AQUATICS PROGRAMS

MINNOWS

AGES 5-12

The Minnows is a monthly non-competitive developmental swim program that provides the opportunity for swimmers to improve their stroke technique and endurance in all four competitive swimming strokes.

These intermediate swimmers will be improving rotary breathing, diving, and stroke technique.

Swimmers looking to participate **must complete a swim test** at the beginning of the program and be able to **swim 25 Freestyle and 25 Backstroke**.

Registration is first come, first serve, PER MONTH.

No make up days will be offered for these programs.

All Friday classes are held together at Park West Pool at 3:30.

R.L. Jones Pool / Min. 10 – Max. 65

\$50 resident / \$80 non-resident monthly

DATES	DAYS	TIME	ACTIVITY CODE
1/4 – 4/30	M/W/F	3:30 – 4:15 pm	312SWT003 313SWT003

*No practice 1/18 MLK, 02/15 Presidents Day, 04/02 Spring Break, 04/05-04/09 Spring Break

Park West Pool / Min. 10 – Max. 65

\$50 resident / \$80 non-resident monthly

DATES	DAYS	TIME	ACTIVITY CODE
1/5 – 4/30	T/TH/F	Tuesdays/Thursdays 3:45 – 4:30 pm Fridays 3:30 – 4:15 pm	312SWT005 313SWT005

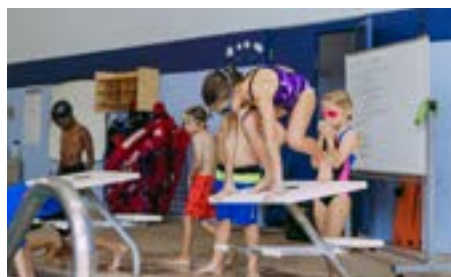
*No practice 1/18 MLK, 02/15 Presidents Day, 04/02 Spring Break, 04/05-04/09 Spring Break

Park West Pool / Min. 10 – Max. 40

\$50 resident / \$80 non-resident monthly

DATES	DAYS	TIME	ACTIVITY CODE
1/4 – 4/30	M/W/F	Mondays/Wednesdays 3:45 – 4:30 pm Fridays 3:30 – 4:15 pm	312SWT004 313SWT004

*No practice 1/18 MLK, 02/15 Presidents Day, 04/02 Spring Break, 04/05-04/09 Spring Break



SHARKS

AGES 12-18

The Sharks is a monthly non-competitive pre-team stroke clinic that focuses on general fitness and stroke technique for swimmers who may compete in other summer league, high school, or year-round swimming programs.

These intermediate to advanced swimmers will be refining all four competitive strokes and will work on starts, turns, and building yardage.

Swimmers looking to participate must be able to proficiently **swim 25 yards of four competitive strokes**.

Registration is first come, first serve, PER MONTH.

No make up days will be offered for these programs.

R.L. Jones Pool / Min. 10 – Max. 40

\$50 resident / \$80 non-resident monthly

DATES	DAYS	TIME	ACTIVITY CODE
1/4 – 4/29	M-TH	6:30 – 7:30 pm	312SWT006 313SWT006

*No practice 1/18 MLK, 02/15 Presidents Day, 04/02 Spring Break, 04/05-04/09 Spring Break

UNIFIED—PIRANHA

AGES 8-18

Special Olympics Swim Team: a team that is open to competitive and non-competitive athletes. The team will focus on swimming technique, fitness, and fun. Swimmers must be 8 years old or older and have the ability to swim without a partner/volunteer. Peers must be 10 years old or older and be able to swim laps with athletes.

R.L. Jones Pool / Min. 5 – Max. 30 / \$40

DATES	DAYS	TIME	ACTIVITY CODE
1/8 – 5/21	F	5:30 – 6:30 pm	352SWT001-01

*No Practice 04/02 & 04/09, 2021 Spring Break

“DIVE-IN” MOVIE NIGHT

ALL AGES

FREE!

Bring your friends and family for a night of swimming fun, relaxation, and entertainment. Families are invited to unwind in the pool after a hectic week of school and work to enjoy a big screen experience. Feel free to bring your own floats and water toys. Movies will be advertised monthly, so be on the look-out for your favorite film!

R.L. Jones Pool

DATES	DAY	TIME	ACTIVITY CODE
2/19, 4/16	F	6:30 – 8:00 pm	342FRE001 343FRE001

SAFE SITTER

AGES 11-14

Safe Sitter is a babysitting class and safety training course devoted to preparing young adolescents for the responsibility of nurturing and protecting children.

Students will learn about babysitting as a business and how to become a successful babysitter.

Students will experience introductory instruction in CPR, First Aid, child care essentials, safety for the sitter, injury management, preventing problem behavior, and choking prevention.

Materials will be supplied. Students should bring their own lunch, snack, and drink.

R.L. Jones Center / Min. 5 – Max. 10

\$85 resident / \$115 non-resident monthly per class

DAY	TIME	DATE	ACTIVITY CODE
		1/23	312SAF001-02
		2/20	312SAF001-03
		3/20	313SAF001-01
		4/24	313SAF001-02
		5/22	313SAF001-03
SAT	9:30 am – 4:30 pm		

PALMETTO MASTERS

AGES 18+

Open to all adult swimmers interested in fitness and/or competitive swimming.

Workouts are tailored to individual fitness and competition goals.

Competitions are made available through the United States Masters Swimming organization

Emphasis is placed on stroke technique and enjoyment of the sport

R.L. Jones Pool

\$50 resident / \$80 non-resident monthly

DATES	DAYS	TIME	ACTIVITY CODE
1/4 – 5/28	M-F	5:30 – 7 am	322MAS001 323MAS001

Park West Pool

\$50 resident / \$80 non-resident monthly

DATES	DAYS	TIME	ACTIVITY CODE
1/4 – 5/28	SAT	6:30 – 8 am	322MAS001 323MAS001

*Each swimmer is required to pay a USMS annual registration fee of \$30

SAFE AT HOME

AGES 9-12

This program provides students with important safety training that will help them be prepared to stay home alone. Students will learn how to practice safe habits, how to handle common household emergencies, and how to treat illnesses and emergencies. *For more information, email Nicole at nashby@tompsc.com.*

Note: Completing the program does not mean the student is ready to stay home alone. Only the student's parents can make that decision, based on the age, maturity, skills, experience, and confidence level of their child.

Park West Activity Building / Min. 5 – Max. 15

\$45 resident / \$60 non-resident monthly per class

DATES	DAY	TIME	ACTIVITY CODE
1/12, 2/16, 3/16, 4/20, 5/18	TUE	4:30 – 6 pm	312SAF002 313SAF002

STARGUARD—RENEWAL COURSE

AGES 16+

This course is designed for individuals who hold a current lifeguard certification that is nearing expiration. Certifications will be awarded on the last day of class and are contingent upon the candidate's successful completion of the written and practical exam. *Certifications are valid for 1 year.*

R.L. Jones Pool / Min. 3 – Max. 12

\$100 resident / \$130 non-resident monthly

DATES	DAY	TIME	ACTIVITY CODE
5/28 – 29	FRI/SAT	9 am – 5 pm	313SLG002-02

POOL PARTY RENTAL

ALL AGES

Host a party at either the R.L. Jones or Park West Pool. Rentals are offered in two hour increments during the hours of 1-4pm on Saturdays at both locations. Based on availability. Renters will be required to fill out a facility and pool rental contract request form in person prior to booking the party and must pay a \$100 deposit at that time. Please visit the front desk at one of our aquatic facilities to schedule your party.

STARGUARD ELITE—CERTIFIED LIFEGUARD COURSE

AGES 16+

StarGuard ELITE is an internationally recognized certification program. This course is designed for individuals who wish to be certified in lifeguarding, basic first aid, basic life support, bloodborne pathogens, and emergency oxygen.

COURSE FORMAT/PREREQUISITES:

16 years or older to participate
3-day course—all days must be attended
Classroom & pool setting—dress accordingly

Must pass pre-water screening:

- Swim 50 yards without stopping
- Swim 50 yards with a rescue tube
- Tread water 1 min. without the use of hands
- Retrieve 10lb object from bottom of the pool

Certifications will be awarded on the last day of class and are contingent upon the candidate's successful completion of the written and practical exam. Certifications are valid for 1 year.

R.L. Jones Pool / Min. 5 – Max. 12

\$140 resident / \$170 non-resident monthly

TIME	SESSION	DATE	DAY	ACTIVITY CODE
9 am	1	Feb. 6, 13, 20	SAT	312SLG001-01
	2	Mar. 6, 13, 20	SAT	313SLG001-01
5 pm	3	Apr. 6, 7, 8	T/W/TH	313SLG001-02
	4	May 1, 8, 15	SAT	313SLG001-03

FAMILY FUN NIGHT

ALL AGES

FREE!

Park West Pool

DAY	TIME	DATES	ACTIVITY CODES
		1/09	342FRE002-01
FRI	6:30 – 8 pm	3/19	343FRE002-01
		5/14	343FRE002-02



GROUP SWIM LESSONS

GROUP SWIM LESSONS

PARK WEST POOL

R.L. JONES CENTER

MONDAY/WEDNESDAY

SATURDAY

TUESDAY/THURSDAY

SATURDAY

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
Jan. 4 – 25	StarTots (3 & 4 yrs)	3:00 – 3:30 pm	\$35/\$50	312TOT001-02
	Beginner (5+yrs)	3:30 – 4:00 pm	\$40/\$55	312BEG001-02
	Intermediate (5+yrs)	4:00 – 4:30 pm	\$40/\$55	312INT001-02
	Advanced (5+yrs)	4:30 – 5:00 pm	\$40/\$55	312ADV001-02
	Stroke School (5+yrs)	5:00 – 5:45 pm	\$50/\$80	312STR001-02
<i>*No class 1/18. Makeup date if MPRD must cancel a class is 1/27.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
Jan. 9 – 30	StarBabies (6 mo. - 3 yrs)	8:30 – 9:00 am	\$35/\$50	312BAB001-01
	StarTots (3 & 4 yrs)	9:45 – 10:15 am	\$35/\$50	312TOT001-04
	Beginner (5+yrs)	9:00 – 9:45 am	\$40/\$55	312BEG001-04
	Intermediate (5+yrs)	9:45 – 10:30 am	\$40/\$55	312INT001-04
	Advanced (5+yrs)	9:00 – 9:45 am	\$40/\$55	312ADV001-04
	Stroke School (5+yrs)	10:30 – 11:30 am	\$50/\$80	312STR001-04
	Adult Swim School (13 yrs+)	10:30 – 11:30 am	\$50/\$80	312ADL001-01
<i>Makeup date if MPRD must cancel a class is 2/6.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
Jan. 5 – 21	StarTots (3 & 4 yrs)	3:00 – 3:30 pm	\$35/\$50	312TOT002-02
	Beginner (5+yrs)	3:30 – 4:00 pm	\$40/\$55	312BEG002-02
	Intermediate (5+yrs)	3:00 – 3:30 pm	\$40/\$55	312INT002-02
	Advanced (5+yrs)	3:30 – 4:00 pm	\$40/\$55	312ADV002-02
	Stroke School (5+yrs)	4:00 – 4:45 pm	\$50/\$80	312STR002-02
	<i>Makeup date if MPRD must cancel a class is 1/26.</i>			

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
Jan. 9 – 30	StarBabies (6 mo. - 3 yrs)	9:00 – 9:30 am	\$35/\$50	312BAB002-01
	StarTots (3 & 4 yrs)	9:30 – 10:00 am	\$35/\$50	312TOT002-04
	Beginner (5+yrs)	10:15 – 11:00 am	\$40/\$55	312BEG002-04
	Intermediate (5+yrs)	9:30 – 10:15 am	\$40/\$55	312INT002-04
	Advanced (5+yrs)	10:15 – 11:00 am	\$40/\$55	312ADV002-04
	Stroke School (5+yrs)	9:00 – 10:00 am	\$50/\$80	312STR002-04
	Adult Swim School (13 yrs+)	10:15 – 11:15 am	\$50/\$80	312ADL002-02
<i>Makeup date if MPRD must cancel a class is 2/6.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
Feb. 1 – 22	StarTots (3 & 4 yrs)	3:00 – 3:30 pm	\$35/\$50	312TOT001-03
	Beginner (5+yrs)	3:30 – 4:00 pm	\$40/\$55	312BEG001-03
	Intermediate (5+yrs)	4:00 – 4:30 pm	\$40/\$55	312INT001-03
	Advanced (5+yrs)	4:30 – 5:00 pm	\$40/\$55	312ADV001-03
	Stroke School (5+yrs)	5:00 – 5:45 pm	\$50/\$80	312STR001-03
<i>*No class 2/15. Makeup date if MPRD must cancel a class is 2/24.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
Feb. 13 – March 6	StarBabies (6 mo. - 3 yrs)	8:30 – 9:00 am	\$35/\$50	312BAB001-02
	StarTots (3 & 4 yrs)	9:45 – 10:15 am	\$35/\$50	312TOT001-05
	Beginner (5+yrs)	9:00 – 9:45 am	\$40/\$55	312BEG001-05
	Intermediate (5+yrs)	9:45 – 10:30 am	\$40/\$55	312INT001-05
	Advanced (5+yrs)	9:00 – 9:45 am	\$40/\$55	312ADV001-05
	Stroke School (5+yrs)	10:30 – 11:30 am	\$50/\$80	312STR001-05
	Adult Swim School (13 yrs+)	10:30 – 11:30 am	\$50/\$80	312ADL001-02
<i>Makeup date if MPRD must cancel a class is 3/13.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
Feb. 2 – 18	StarTots (3 & 4 yrs)	3:00 – 3:30 pm	\$35/\$50	312TOT002-03
	Beginner (5+yrs)	3:30 – 4:00 pm	\$40/\$55	312BEG002-03
	Intermediate (5+yrs)	3:00 – 3:30 pm	\$40/\$55	312INT002-03
	Advanced (5+yrs)	3:30 – 4:00 pm	\$40/\$55	312ADV002-03
<i>Makeup date if MPRD must cancel a class is 2/23.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
Feb. 13 – March 6	StarBabies (6 mo. - 3 yrs)	9:00 – 9:30 am	\$35/\$50	312BAB002-02
	StarTots (3 & 4 yrs)	9:30 – 10:00 am	\$35/\$50	312TOT002-05
	Beginner (5+yrs)	10:15 – 11:00 am	\$40/\$55	312BEG002-05
	Intermediate (5+yrs)	9:30 – 10:15 am	\$40/\$55	312INT002-05
	Advanced (5+yrs)	10:15 – 11:00 am	\$40/\$55	312ADV002-05
	Stroke School (5+yrs)	9:00 – 10:00 am	\$50/\$80	312STR002-05
	Adult Swim School (13 yrs+)	10:15 – 11:15 am	\$50/\$80	312ADL002-03
<i>Makeup date if MPRD must cancel a class is 3/13.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
March 8 – 24	StarTots (3 & 4 yrs)	3:00-3:30	\$35/\$50	313TOT001-01
	Beginner (5+yrs)	3:30-4:00	\$40/\$55	313BEG001-01
	Intermediate (5+yrs)	4:00-4:30	\$40/\$55	313INT001-01
	Advanced (5+yrs)	4:30-5:00	\$40/\$55	313ADV001-01
	Stroke School (5+yrs)	5:00-5:45	\$50/\$80	313STR001-01
<i>Makeup date if MPRD must cancel a class is 3/29.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
March 20 – April 10	StarBabies (6 mo. - 3 yrs)	8:30 – 9:00 am	\$35/\$50	313BAB001-01
	StarTots (3 & 4 yrs)	9:45 – 10:15 am	\$35/\$50	313TOT001-04
	Beginner (5+yrs)	9:00 – 9:45 am	\$40/\$55	313BEG001-04
	Intermediate (5+yrs)	9:45 – 10:30 am	\$40/\$55	313INT001-04
	Advanced (5+yrs)	9:00 – 9:45 am	\$40/\$55	313ADV001-04
	Stroke School (5+yrs)	10:30 – 11:30 am	\$50/\$80	313STR001-04
	Adult Swim School (13 yrs+)	10:30 – 11:30 am	\$50/\$80	313ADL001-01
<i>*No class 4/3. Makeup date if MPRD must cancel a class is 4/17.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
March 2 – 18	StarTots (3 & 4 yrs)	3:00 – 3:30 pm	\$35/\$50	313TOT002-01
	Beginner (5+yrs)	3:30 – 4:00 pm	\$40/\$55	313BEG002-01
	Intermediate (5+yrs)	3:00 – 3:30 pm	\$40/\$55	313INT002-01
	Advanced (5+yrs)	3:30 – 4:00 pm	\$40/\$55	313ADV002-01
	Stroke School (5+yrs)	4:00 – 4:45 pm	\$50/\$80	313STR002-01
<i>Makeup date if MPRD must cancel a class is 3/23.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
March 20 – April 10	StarBabies (6 mo. - 3 yrs)	9:00 – 9:30 am	\$35/\$50	313BAB002-01
	StarTots (3 & 4 yrs)	9:30 – 10:00 am	\$35/\$50	313TOT002-04
	Beginner (5+yrs)	10:15 – 11:00 am	\$40/\$55	313BEG002-04
	Intermediate (5+yrs)	9:30 – 10:15 am	\$40/\$55	313INT002-04
	Advanced (5+yrs)	10:15 – 11:00 am	\$40/\$55	313ADV002-04
	Stroke School (5+yrs)	9:00 – 10:00 am	\$50/\$80	313STR002-04
	Adult Swim School (13 yrs+)	10:15 – 11:15 am	\$50/\$80	313ADL002-01
<i>*No class 4/3. Makeup date if MPRD must cancel a class is 4/17.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
April 12 – 28	StarTots (3 & 4 yrs)	3:00-3:30	\$35/\$50	313TOT001-02
	Beginner (5+yrs)	3:30-4:00	\$40/\$55	313BEG001-02
	Intermediate (5+yrs)	4:00-4:30	\$40/\$55	313INT001-02
	Advanced (5+yrs)	4:30-5:00	\$40/\$55	313ADV001-02
	Stroke School (5+yrs)	5:00-5:45	\$50/\$80	313STR001-02
<i>Makeup date if MPRD must cancel a class is 5/3.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
March 20 – April 10	StarBabies (6 mo. - 3 yrs)	8:30 – 9:00 am	\$35/\$50	313BAB001-02
	StarTots (3 & 4 yrs)	9:45 – 10:15 am	\$35/\$50	313TOT001-05
	Beginner (5+yrs)	9:00 – 9:45 am	\$40/\$55	313BEG001-05
	Intermediate (5+yrs)	9:45 – 10:30 am	\$40/\$55	313INT001-05
	Advanced (5+yrs)	9:00 – 9:45 am	\$40/\$55	313ADV001-05
	Stroke School (5+yrs)	10:30 – 11:30 am	\$50/\$80	313STR001-05
	Adult Swim School (13 yrs+)	10:30 – 11:30 am	\$50/\$80	313ADL001-02
<i>Makeup date if MPRD must cancel a class is 5/22.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
April 13 – 29	StarTots (3 & 4 yrs)	3:00 – 3:30 pm	\$35/\$50	313TOT002-02
	Beginner (5+yrs)	3:30 – 4:00 pm	\$40/\$55	313BEG002-02
	Intermediate (5+yrs)	3:00 – 3:30 pm	\$40/\$55	313INT002-02
	Advanced (5+yrs)	3:30 – 4:00 pm	\$40/\$55	313ADV002-02
	Stroke School (5+yrs)	4:00 – 4:45 pm	\$50/\$80	313STR002-02
<i>Makeup date if MPRD must cancel a class is 5/4.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
March 20 – April 10	StarBabies (6 mo. - 3 yrs)	9:00 – 9:30 am	\$35/\$50	313BAB002-02
	StarTots (3 & 4 yrs)	9:30 – 10:00 am	\$35/\$50	313TOT002-05
	Beginner (5+yrs)	10:15 – 11:00 am	\$40/\$55	313BEG002-05
	Intermediate (5+yrs)	9:30 – 10:15 am	\$40/\$55	313INT002-05
	Advanced (5+yrs)	10:15 – 11:00 am	\$40/\$55	313ADV002-05
	Stroke School (5+yrs)	9:00 – 10:00 am	\$50/\$80	313STR002-05
	Adult Swim School (13 yrs+)	10:15 – 11:15 am	\$50/\$80	313ADL002-02
<i>Makeup date if MPRD must cancel a class is 5/22.</i>				

DATES	ACTIVITY	TIME	COST	ACTIVITY CODE
May 10 – 26	StarTots (3 & 4 yrs)	3:00-3:30	\$35/\$50	313TOT001-03
	Beginner (5+yrs)	3:30-4:00	\$40/\$55	313BEG001-03
	Intermediate (5+yrs)	4:00-4:30	\$40/\$55	313INT001-03
	Advanced (5+yrs)	4:30-5:00	\$40/\$55	313ADV001-03
	Stroke School (5+yrs)	5:00-5:45	\$50/\$80	313STR001-03

PRIVATE SWIM LESSONS

To schedule a private lesson, please complete the inquiry form found on the Aquatics page of our website: MtPleasantRec.com.

ALL AGES
 ♻️ R.L. Jones Pool and ♻️ Park West Pool
 Questions? Contact the Jones Center or Park West aquatics staff.

Private Lessons – 1 person
 \$30 residents/\$45 non-resident
Semi-private lessons – 2 people
 \$22.50 resident/ \$37.50 non-resident



ALL AGES

AQUATIC EXERCISE CLASSES

COST: \$50 resident/\$80 non-resident for a 10-visit pass to be used over 1 year

R.L JONES POOL

ADVANCED WATER FITNESS

Come experience a total body workout in this advanced deep water class that includes cardio, core, and muscle strengthening exercises. Plus, you'll get great stretching activities too.

T/Th 9 – 10 am Judy Hammett

BETTER BALANCE AND JOYFUL JOINTS

This circuit class utilizes hand bells & noodles. There is a short warm up & cool down. Improve your strength, range of motion, and balance. Beginners are welcome.

Tu/Th 11 am – 12 pm Amy Parker

CALORIE BURNERS

This medium level intensity workout can be done in shallow and deep water. The class focuses on cardio exercises to help you burn calories, build muscles, and strengthen your core muscles.

Tu/Th 10 – 11 am Amy Parker

WATER AEROBICS

Low impact water exercises during this class is a great way to achieve a well-balanced water workout. You'll do shallow water routines that increase your cardiovascular endurance along with deep water routines too that will strengthen your muscles and improve your overall coordination.

M/W/F 9 – 10 am Susan Hillyer



POWER AQUATICS

Try out this high intensity water workout that will be sure to burn calories and help you tone your body and create muscle definition. Just hit the pool for this ultimate arms and leg workout where you will use noodles to stay in shape.

M/W/F 10 – 11 am Amy Parker

AQUATIC PERSONAL TRAINING

Whether you are a beginner or a serious athlete, this personalized training can help you achieve your goals. You will get a balanced and enjoyable workout created just for you. Aquatic equipment may be used. This option is excellent for anyone who wants cross training or fitness goal planning assistance.

Amy Parker

Please call 843-884-2528 ext. 114 to schedule personal training and rehabilitation sessions.

\$25 for each 30-minute session

\$50 for each 60-minute session

AQUATIC REHABILITATION

This aquatic option is for anyone seeking gentle, progressive water exercises to ease their pain and help them return to regular daily physical activities. Aquatic rehabilitation is also good for anyone who is unable to participate in typical land-based exercise classes due to a recent surgery, an acute orthopedic or neuromuscular injury, a rheumatic disease, or a neurological impairment

Amy Parker

Please call 843-884-2528 ext. 114 to schedule personal training and rehabilitation sessions.

\$25 for each 30-minute session

\$50 for each 60-minute session



PARK WEST POOL

S'WET

Don't sweat at a crowded gym, take our S'WET class instead. You'll sculpt your body with this invigorating and refreshing water workout. It blends cardio-conditioning and body-toning, while you are easing into exercises using your own body weight in the water.

M/W 9 – 10 am Janet Brown

DEEP H₂O POWER

Deep H₂O power is the perfect class to discover how much you can push yourself. Instead of being confined to land-based exercises, try this class out and you'll discover new ways moving your body. It's a combination of medium impact cardio and extending exercises that can build muscle, improve balance, and burn calories. This deep water workout can help reduce stress on your joints and muscles too.

M/W 10 - 11 am Susan Jessen

F 9 - 10 am

