

We are excited to announce

SPRING Indoor AQUA CLASSES

Quince Orchard Swim & Tennis Club

16601 Roundabout Dr, Gaithersburg

SESSION DATES:

April 3 – May 5, 2024



Registration information:

AQUA classes

SHALLOW WATER WORKOUT

Tuesday, 9:00 - 9:45am

4/9 – 4/30 4 classes: \$32.00

Thursday, 9:00 - 9:45am

4/4 – 5/2 5 classes: \$40.00

Classes are held in shallow (chest-deep) water. Designed to improve flexibility, range of motion and cardiovascular endurance. No swimming skills needed.

DEEP WATER WORKOUT

Sunday, 10:15 – 11:00am

4/21– 5/5 3 classes: \$24.00

Wednesday, 10:00 - 10:45am

4/3 – 5/1 5 classes: \$40.00

A no impact but challenging cardiovascular workout held in the diving well of the pool. Participants use *flotation belts to stay afloat. Burn calories and tone muscles in this fun class!

*Students must bring their own flotation belts. We have some for sale at the Club (\$45.00) or, for more information, phone Nancy at 240-750-5206.

Easy! Call Quince Orchard Swim & Tennis Club at 301-948-3116 or visit the QO Web site at QOSTC.org and click on [Click here](#) to register for [Swim Programs](#). You will find all of our Wet Yet classes listed.