



Aquatic Classes for Rockville – Fall, 2024

Rockville Municipal Swim Center 355 Martins Lane, Rockville, MD 20850

Aqua Blast

Start the day off right with this fast-paced, early morning water exercise class. This workout is no impact but high energy and appropriate for both sexes. No swimming skills are needed to participate however feeling comfortable in deep water is a must.

					Mem	Non-Mem
Tuesday	class #: 33524	6:35 – 7:20am	9/3 – 12/17	Instr: Bill	Fee: \$98	\$118
Thursday	class #: 33482	6:35 – 7:20am	9/5 – 12/19	Instr: Bill	Fee: \$92	\$111

Class Location indoors in the South Pool

Aqua Fitness

Aqua Fitness is a low impact, high intensity class where no swimming skills are needed. Exercises are performed in water that is chest deep and are designed to improve flexibility, range of motion, muscle tone, posture and endurance while using the resistance of the water to cushion the feet, knees and back.

					Mem	Non-Mem
Monday	class #: 33477	8:30 – 9:15am	9/9 – 12/16	Instr: Lissette	Fee: \$92	\$111
Monday	class #: 33472	9:20 – 10:05am	9/9 – 12/16	Instr: Lissette	Fee: \$92	\$111
Tuesday	class #: 33515	8:30 – 9:15am	9/3 – 12/17	Instr: Nancy	Fee: \$98	\$118
Tuesday	class #: 33516	9:20 – 10:05am	9/3 – 12/17	Instr: Nancy	Fee: \$98	\$118
Wednesday	class #: 33520	8:30 – 9:15am	9/4 – 12/18	Instr: Leslie	Fee: \$98	\$118
Wednesday	class #: 33517	9:20 – 10:05am	9/4 – 12/18	Instr: Cathy	Fee: \$98	\$118
Thursday	class #: 33470	8:30 – 9:15am	9/5 – 12/19	Instr: Kraig	Fee: \$92	\$111
Thursday	class #: 33471	9:20 – 10:05am	9/5 – 12/19	Instr: Kraig	Fee: \$92	\$111
Friday	class #: 33469	8:30 – 9:15am	9/6 – 12/20	Instr: Kim	Fee: \$92	\$111
Friday	class #: 33473	9:20 – 10:05am	9/6 – 12/20	Instr: Kim	Fee: \$92	\$111

ALL classes are held INDOORS in the North Pool

Deep Water Running & Conditioning 5.5ft

A no-impact and high intensity program which emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deeper water of the pool and participants will use flotation belts. No swimming skills are necessary. This program will be of particular benefit to runners and other active exercisers who are looking for a challenging workout as a no impact alternative to conditioning on land.

					Mem	Non-Mem
Tuesday	class #: 33523	10:10 – 10:55am	9/3 – 12/17	Instr: Nancy	Fee: \$98	\$118
Thursday	class #: 33481	10:10 – 10:55am	9/5 – 12/19	Instr: Cathy	Fee: \$92	\$111

ALL classes are held INDOORS in the North Pool

Easy to register!

Online: Go to www.rockvillemd.gov and click on "Recreation Registration". Search for your activity in the column on the left.

Follow prompts to create an account if you don't already have one.

OR Walk-In to the Swim Center (address above) M - F 8:30am – 4:30pm

For more information on registering please call: 240-314-8750

Or, to view the entire catalogue go to: <https://secure.rec1.com/MD/city-of-rockville-md/catalog>

Questions? Please call Nancy at 240-750-5206