



# Aquatic Classes for Rockville – Winter, 2025

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
<b>Tuesday</b>	class #: 34398	6:35 – 7:20am	1/7 – 4/8	Instr: Bill	Fee: \$86	\$103
<b>Thursday</b>	class #: 34395	6:35 – 7:20am	1/9 – 4/10	Instr: Bill	Fee: \$86	\$103

*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
<b>Monday</b>	class #: 34410	8:30 – 9:15am	1/6 – 4/7	Instr: Lissette	Fee: \$86	\$103
<b>Monday</b>	class #: 34404	9:20 – 10:05am	1/6 – 4/7	Instr: Lissette	Fee: \$86	\$103
<b>Tuesday</b>	class #: 34401	8:30 – 9:15am	1/7 – 4/8	Instr: Leslie	Fee: \$86	\$103
<b>Tuesday</b>	class #: 34393	9:20 – 10:05am	1/7 – 4/8	Instr: Nancy	Fee: \$86	\$103
<b>Wednesday</b>	class #: 34381	8:30 – 9:15am	1/8 – 4/9	Instr: Cathy	Fee: \$86	\$103
<b>Wednesday</b>	class #: 34379	9:20 – 10:05am	1/8 – 4/9	Instr: Cathy	Fee: \$86	\$103
<b>Thursday</b>	class #: 34399	8:30 – 9:15am	1/9 – 4/10	Instr: Kraig	Fee: \$86	\$103
<b>Thursday</b>	class #: 34388	9:20 – 10:05am	1/9 – 4/10	Instr: Kraig	Fee: \$86	\$103
<b>Friday</b>	class #: 34380	8:30 – 9:15am	1/10 – 4/11	Instr: Kraig	Fee: \$86	\$103
<b>Friday</b>	class #: 34407	9:20 – 10:05am	1/10 – 4/11	Instr: Kraig	Fee: \$86	\$103

*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
<b>Tuesday</b>	class #: 34411	10:10 – 10:55am	1/7 – 4/8	Instr: Nancy	Fee: \$86	\$103
<b>Thursday</b>	class #: 34406	10:10 – 10:55am	1/9 – 4/10	Instr: Cathy	Fee: \$86	\$103

*ALL classes are held INDOORS in the North Pool*

### Easy to register!

Online: Go to [www.rockvillemd.gov](http://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*



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