

Nancy's Aquatic Classes for Rockville Summer, 2025

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

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
Tuesday	class #: 36419	9:20 – 10:05am	6/24 – 8/12	Fee: \$49	\$59
Instructor: Nancy					

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 #:36432	10:10 – 10:55am	6/24 – 8/12	Fee: \$49	\$59
Instructor: Nancy					

ALL classes are held OUTDOORS in the Fitness Pool

Easy to register!

Not registered? Not a problem. Drop into ANY class for \$10.00 at the door.

Questions about other classes at this location?

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 the Swim Center at 240-314-8750