

Aquatics Division

The facility offers many Water Fitness Activities to fit your schedule. The minimum age for classes is 12. Depending on the swimming ability of the child, the parent may be required to attend class with the child. Participants ages 12 to 17 must have a parent or guardian sign a waiver form for them to participate in class. If you need assistance in choosing the appropriate water fitness class for yourself, please feel free to call (330) 468-8372.

Water Fitness Activities

Drop In Fee

When space is available you may pay per class.

Program Fee	Mac. Res. Fee	Member Fee
\$7.00	\$6.00	\$5.00

Arthritis Aquatic Exercise Program

Instructor: M/W/F Beth Ann Barto
T/TH Tanya Cady

This class is designed for individuals with arthritis. It is not intended to replace a prescribed regimen of therapeutic exercises. The warmth and buoyancy of the water can help decrease pain and/or stiffness and help improve or maintain joint flexibility. The Activity Pool is kept at 86 - 87 degrees and allows for easy access. The class takes place in shallow water. You need to be comfortable in the pool but do not need to know how to swim in deep water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
<u>Winter I (7 weeks/21 classes)</u>			
	Jan. 9 - Feb. 24	10:30-11:30 a.m.	M/W/F
	Fee: Program \$73/ Resident \$63 / Member \$53		
<u>Winter I (7 weeks/14 classes)</u>			
	Jan. 10 - Feb. 23	11:15 a.m.-12:15 p.m.	T/TH
	Fee: Program \$49/Resident \$42/Member \$35		
<u>Winter II (8 weeks/21 classes)</u>			
	Feb. 27 - Apr. 20	10:30-11:30 a.m.	M/W/F
	Fee: Program \$73/ Resident \$63/ Member \$53		
<u>Winter II (8 weeks/14 classes)</u>			
	Feb. 28 - Apr. 19	11:15 a.m.-12:15 p.m.	T/TH
	Fee: Program \$49/Resident \$42/Member \$35		

H2O Total Splash

Instructor: Beth Ann Barto

Try a new twist to the traditional water work out! This class is designed to keep you moving while you enjoy socializing with friends at the center. Our water exercise instructor will help you gain cardiovascular endurance, muscular strength, and improve your range of motion with less joint impact in our 84 degree lap pool.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
<u>Winter I (7 weeks/21 classes)</u>			
	Jan. 9 - Feb. 24	9:00 - 10:00 a.m.	M/W/F
	Fee: Program \$110/ Resident \$90/ Member \$70		
<u>Winter II (8 weeks/21 classes)</u>			
	<u>No Class week of Apr. 9</u>		
	Feb. 27 - Apr. 20	9:00 - 10:00 a.m.	M/W/F
	Fee: Program \$110/ Resident \$90/ Member \$70		

CHECK THE MACEDONIA FAMILY RECREATION CENTER WEBSITE PERIODICALLY! NEW PROGRAMS OR CLASSES WIL BE POSTED.
WWW.MACREC.COM

Water Fitness Activities

SilverSneakers® SilverSplash®

FREE CLASS FOR SILVERSNEAKERS MEMBERS

Instructor: Tanya Cady

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/14 classes)			
	Jan. 10 - Feb. 23	9:00-10:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		
Winter II (8 weeks/14 classes)			
	<u>No Class week of Apr. 9</u>		
	Feb. 28 - Apr. 19	9:00-10:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		

Deep Water Challenge

Instructor: Beth Ann Barto

Experience the training intensity of deep-water exercise. This class will incorporate aerobic training, strengthening, stretching, muscle conditioning, range of motion, interval training and circuit training. Participants will wear a water belt for the deep-water portion of this class.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/21 classes)			
	Jan. 9 - Feb. 24	8:00-9:00 a.m.	M/W/F
	Fee: Program \$110/Resident \$90/Member \$70		
Winter II (8 weeks/21 classes)			
	<u>No Class week of Apr. 9</u>		
	Feb. 27 - Apr. 20	8:00-9:00 a.m.	M/W/F
	Fee: Program \$110/Resident \$90/Member \$70		



The Annual Swim for Diabetes

This annual event will take place Sunday, April 22 from 12–5:00 p.m. at the Macedonia Family Recreation Center. For more information, contact the Diabetes Association of Greater Cleveland at 216-591-0800. Anyone interested in participating in this event must pre-register with the Diabetes Association of Greater Cleveland (www.SwimForDiabetes.com). Registration packets will be available at the Macedonia Family Recreation Center.

Aqua Fitness Fusion

Instructor: Kris Kearns

This Fitness Fusion Class will help you achieve your fitness goals - Definitely a fun class! A low impact, high energy class using a combination of exercises designed to improve your cardiovascular system and muscle tone without the traditional wear and tear on your body. Integrated stretching exercises that seamlessly flow from one to the next helping to create long lean muscles during the recovery period and cool down portion of the class.

Drop ins welcome. Coupon accepted

Session	Date (s)	Time	Day
Winter I (7 weeks/14 classes)			
	Jan. 10 - Feb. 23	6:30-7:30 p.m.	T/TH
	Fee: Program \$84/Resident \$70/Member \$56		
Winter I (7 weeks/7 classes)			
	Jan. 14 - Feb. 25	8:15 -9:15 a.m.	Sat
	Jan. 8 - Feb. 19	1:00 - 2:00 p.m.	Sun
	Fee: Program \$42/Resident \$35/Member \$30		
Winter II (8 weeks/14 classes)			
	<u>No Class week of Apr. 9</u>		
	Feb. 28 - Apr. 19	6:30-7:30 p.m.	T/TH
	Fee: Program \$84/Resident \$70/Member \$56		
Winter II (8 weeks/7 classes)			
	<u>No Class Apr. 7 & 8</u>		
	Mar. 3 - Apr. 21	8:15 -9:15 a.m.	Sat
	Feb. 26 - Apr. 15	1:00 - 2:00 p.m.	Sun
	Fee: Program \$42/Resident \$35/Member \$30		



managing diabetes. together.

diabetes partnership
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Formerly Diabetes Association of Greater Cleveland

