

**Specialty Classes**

**Silver FINS**

M, W, F 11:00am – 11:45am

Feel better physically and emotionally in this low intensity water exercise class.

This “fun” class is designed especially for participants 55 and up.

**H2O Wellness** Program is designed with the goal of optimum wellness for each participant. All H2O Wellness participants may utilize the Warm Water Therapy Pool at designated times. The H2O Wellness Program is an add-on cost to your membership. The cost is an additional \$5.00 per month to your membership fees.

**Fit N Wise Aquatic Open Lanes**

**Open Lap Swim & Lap Walk** - Open Lap Swim & Lap Walk is the time for members or non members over the age of 14 (or age 13 & up member of the QUEST AQUATICS Swim Team) to come into the pool and walk or lap swim. **Only specific times** are available for those wanting to "do their own thing".

Fit N Wise reserves the right to change times available with out notice. There are fewer times available during the summer months swimming due to swimming lessons)

There are many times when lanes must be shared, please use swimmer\*s etiquette. The first person in the lane has priority. When entering a lane with only one swimmer, the arriving swimmer should notify the first swimmer of his/her presence before starting to swim, and explicitly agree with him/her on which format to use (circle or split).

**Aquatic Staff**

Aquatics Manager

Kim Emery

940-627-2708 Ext. 2607

**Aquatic Instructors**

Kim Emery

Ruth Ann Harrison

Lorna Pittman

Linda Williams

Darice Montgomery

**Swim Team Head Coach**

Nancy Wendell

**Aquatic PERSONAL TRAINING**

Certified Personal Trainer

RuthAnn Harrison

Nancy Wendell

Fit-N-Wise

Community Fitness & Wellness Center

609 Medical Center Drive

Decatur, TX 76234

940-627-2708

www.wiseregional.com

**Fit N Wise  
Aquatics**



**Aquatic Exercise Programs**

*Wise Kids Aquatics  
Starfish Swimming®*

**QUEST AQUATICS  
USA Swim Team**

**Infant Aquatic  
Survival**

## Wise Kids Aquatics Starfish Swimming®

Wise Kids Aquatics Swim School is pleased to announce our new affiliation with Starfish Aquatics Institute. Beginning the summer of 2010 Starfish curriculum will be used in our swimming lessons program. SAI is one of the largest lifeguard, swim instructor and pool operator certifying agencies in the United States. Starfish Swimming is a nationally recognized curriculum for swim instruction. Starfish Swimming emphasizes water safety and encourages skill development by recognizing achievement as the swimmer advances his/her skills.

### **Wise Kids Aquatics STARBABIES**

parent/child group class is held for children 6mo-3 years during the summer months.

**Wise Kids Aquatics Star PRESCHOOL, StarKIDS & StarSWIMMERS & StarADULT** are group lessons for children ages 3 and up. Group swim lessons are offered each summer, spring, fall, and winter.

### **Infant Aquatic Survival**

Give your child extra comfort and skills and in the water with aquatic survival lessons from Infant Aquatic Survival. IAS, a nationally recognized program, offers specialized, private instruction for children starting at age 6 months. Teaching your child skills to "swim – float – swim". For more information please Contact Kim Emery, Certified Infant Aquatic Specialist or see more at <http://www.wiseregional.com>

**NO AMOUNT OF TRAINING CAN WATERPROOF A CHILD.**

**We urge you to directly attend and supervise your child**

## **Private Swim Coaching**

Private swimming lessons for adults or children, special water exercise or personal training in the water is available throughout the year. Please call well in advance for any private training, as instructors and pool times are EXTREMELY limited, especially during the summer months.

Private Swimming lessons/Aquatic Exercise Fees

Single Lesson: One 30-minute private lesson \$35

Six-Pack: Six 30-minute private lessons \$175

Eight-Pack: Six 30-minute private lessons \$245

All sessions are 30 minutes in duration. Please contact the Aquatics Manager to schedule. We do not guarantee instructor availability for private lessons.

Please see the front desk for Personal Training

## **Fit N Wise Swim Team**

**QUEST Aquatics** is our USA year round competitive swim team. USA swimming is the primary source of producing this nation's great swimmers. QA welcomes swimmers who have skills in freestyle, backstroke, breaststroke and butterfly and are at least 7 years old. Evaluations are made prior to team acceptance. QA is structured to enable individuals to accomplish their individual goals within a team environment. Tryouts are held the first and third Tuesday of every month from 6:30pm-7:00pm.

Swimmers will need goggles and swim caps for practice sessions

*"Regardless of an infant's or toddlers apparent level of comfort and competence in or around water, constant close supervision by an adult is necessary to prevent drowning and near-drowning. Even a brief lapse in supervision can have tragic results. The concept of "touch supervision" has been advocated, which requires the caregiver to be within an arm's reach or able to touch the swimmer at all times"*

## **Aquatic Exercise Classes**

### **AQUATIC FITNESS**

Running, jogging and walking in water not only strengthens the leg and hip muscles, quadriceps, hamstrings and gluteals, but also helps to develop cardio respiratory fitness.

Aquatic Fitness is defined as activities performed in the water that promote and enhance physical and mental fitness. Aquatic Fitness is typically performed in a vertical position in shallow and/or deep water. There are numerous applications to appeal to a wide variety of participants.

The water's unique properties allow the pool to provide an environment for people of all abilities. Buoyancy creates a reduced impact exercise alternative that is easy on the joints, while the water's resistance, challenges the muscles.

We offer several different types of classes, shallow and deep water. Pick up an Aquatics Schedule. Come on in and get wet in the pool!

Class participants are encouraged to arrive 5 minutes BEFORE class begins. We encourage persons **not to be later than 10 minutes to participate in class.** Members are asked stay out of water class lanes if they are not participating in the class

### **Family FUN Swim**

Certain days and times are set aside to swim with your family. Please check the Aquatic Schedule for Family Swim times.