

# Pool Rules

(Please read before entering pool)

1. Please walk while in the pool area. The deck can be very slippery.
2. Health Department requires swimsuits. (Male suit must have liners, no underwear)
3. Long hair must be tied in a ponytail.
4. Showers are required before entering the pool.
5. Coast Guard approved lifejackets only. (No floaties)
6. No diving in the shallow water.
7. Food and drink are only allowed on pool deck during swim parties.
8. No gum chewing.
9. No glass containers at any time.
10. No rough horseplay allowed at anytime.
11. Children under 6 must have a parent accompany them in the water. Children 6-12 must have a parent in the pool or on the pool deck. Children 13-15 must be signed in by a parent at the front desk.
12. Parents or guardians must accompany their immediate children in the pool during Family Swim.

If you have any additional questions or concerns please contact the Aquatic Manager:  
Diane Novotny.

# Aqua Exercise Class Descriptions

## **Water Aerobics: M/W/TH, 7:00-8:00am**

Using a combination of shallow and deep water, this class is designed to incorporate cardiovascular endurance, strength, tone and flexibility to work your total body.

## **Aqua Dance Plus: M/W, 9:00-10:00am**

It includes warm-up, aqua dance moves, as well as the use of equipment to tone and strengthen muscle. A variety of music is played to engage/motivate participants.

## **Aqua Tone: T/TH, 9:00-10:00am**

Using resistant equipment this program works muscle as well as cardio.

## **Twinks & Kinks: M/T/W/TH/F, 10:00-10:45am**

This class is especially for those with arthritis or other physical challenges by helping you exercise stiff joints and muscles without the stress of other alternatives. Trained and certified personnel lead participants through gentle movements with the aid of the water's buoyancy. Come get the kinks out with us.

## **HIIT: Friday, 9:00-10:00am**

High Intensity Interval Training is a quick explosive way to burn fat. The workout involves alternating between the work and recovery periods.

## **Aqua Power: M/T/W/TH, 5:30-6:30pm**

A fun water exercise class that will help you get rid of the days stress and feel better by using the water to add resistance, you will improve your cardiovascular and muscular endurance, as well as gaining strength and flexibility.

It is not recommended that children under 12 participate in this type of training. Instructor approval required for those under 12 years of age.

JACKSONVILLE  
PARKS & RECREATION

# Aquatics Program Information 2019



#5 MUNICIPAL DRIVE  
JACKSONVILLE, AR  
PHONE: 501-982-4171

AQUATICS MANAGER  
DIANE NOVOTNY