

Super Splash Park Aquatic Fitness Classes

Program	Day/Date	Time	Fee	# of classes
Aqua Flex Session 1	June 8 - July 3 M W F	8:00AM - 8:45AM	\$72.00 R (\$80.00 NR)	12
Aqua Flex Session 2	July 6 - July 31 M W F	8:00AM - 8:45AM	\$72.00 R (\$80.00 NR)	12
Shallow Water Aerobics Session 1	June 9 - July 2 T TH	8:00AM - 8:45AM	\$48.00 R (\$53.00 NR)	8
Shallow Water Aerobics Session 2	July 7 - July 30 T TH	9:00AM - 9:45AM	\$48.00 R (\$53.00 NR)	8
Lazy River Extreme Session 1	June 8 - July 3 M W F	9:00AM - 9:45AM	\$72.00 R (\$80.00 NR)	12
Lazy River Extreme Session 2	June 9 - July 2 T TH	9:00AM - 9:45AM	\$48.00 R (\$53.00 NR)	8
Lazy River Extreme Session 3	July 6 - July 31 M W F	9:00AM - 9:45AM	\$72.00 R (\$80.00 NR)	12
Lazy River Extreme Session 4	July 7 - July 30 T TH	9:00AM - 9:45AM	\$48.00 R (\$53.00 NR)	8
Deep Water Aerobics Session 1	June 8 - July 1 M W	6:00PM - 6:45PM	\$48.00 R (\$53.00 NR)	8
Deep Water Aerobics Session 2	July 6 - 29 M W	6:00PM - 6:45PM	\$48.00 R (\$53.00 NR)	8
Aqua Zumba® Session 1	June 8 - July 1 M W	6:00PM - 6:45PM	\$48.00 R (\$53.00 NR)	8
Aqua Zumba® Session 2	July 6 - 29 M W	6:00PM - 6:45PM	\$48.00 R (\$53.00 NR)	8

Aqua Flex

This class targets cardiovascular fitness, strength, endurance, and flexibility in a low-impact environment. We combine yoga type movements with other resistance and stretching activities to provide an exercise experience in a stress-free environment.

Lazy River Extreme

This class uses the lazy river for a physically challenging workout. This fast-paced, cardio class takes advantage of the current of the river to challenge your heart and muscles as you walk, jog and run. Participants are led through various steps and paces by an instructor while continuously circling through the channel. Resistance equipment is used to provide an upper body workout.

Aqua Zumba®

Aqua Zumba® is perfect for those that are looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Deep Water Aerobics

This aquatic aerobic class includes body toning exercise using floatation belts in the deep water. This class is a great workout for those comfortable in deep water.

Shallow Water Aerobics

This class is for all adults who want a low-impact, fun workout in the pool. Come on in and try jogging, jumping jacks and cross-country skiing in the water! Stabilize your core with abdominal exercises that will strengthen your back. Finish the class with stretching to enhance your flexibility. No swimming skills required!

Interested in lap swimming or lazy river walking?

Lap Swimming

We welcome swimmers to lap swim at the Super Splash Park during designated hours! To lap swim, folks must reserve a lane online using the QR code and pay the daily adult admission fee. When registering for a lap swim time slot, you will have 45 minutes in one lane in the competition pool. The lane will not be shared. We also have Aquatic Flexi Passes available for purchase at the Lakeland Center, 925 S. Giant City Rd.

Aquatic Fitness Flexi Pass (12 visits)

\$48.00 R (\$60.00 NR)

8:00-11:00 AM Monday-Friday

Lazy River Walking

We host open hours where folks can walk the Lazy River at the Super Splash Park. Walking against the current in the Lazy River is a challenging way to get your heart rate up! There is no reservation required but walkers must pay the adult daily admission fee or purchase an Aquatic Flexi Pass. These passes are available for purchase at the Lakeland Center, 925 S. Giant City Rd.

Aquatic Fitness Flexi Pass (12 visits)

\$48.00 R (\$60.00 NR)

10:00-11:00 AM Monday-Friday