

Our Instructors....

Fran Maguire

Fran has been involved in sports and fitness for over 30 years. Fran is a certified Aquafitness Instructor (CALA) and has held a Personal Trainer certification through the YMCA.

Candace Lee

Candace is a very energetic aquafitness instructor (WaterART), who holds a honours science degree in exercise rehabilitation therapy.

Anne Tanner

She is a certified Aquafitness Instructor (CALA), as well as an Aqua Arthritis Specialist. She holds a personal trainer certificate with YMCA.

Jackie Van Dyk

Jackie is new to the Aquafit program and is currently doing her certification through the YMCA Program.

Debbie McNamee

Debbie is CALA certified with several years of experience in Aquatics and instructing.

Marion Steele

Marion is certified through WaterART and is looking forward to meeting all our patrons.

Get Involved

**DON'T LET YOUR
SUMMER FIGURE HEAD
SOUTH FOR THE WINTER.**

**FIGHT BACK, WITH OUR
AQUAFIT PROGRAMS**

IT'S "NO SWEAT"

**WATER RESISTANCE
BUILDS MUSCLE MASS
WITHOUT HARMFUL
IMPACT ON YOUR JOINTS**



359 Bridge Street, Carleton Place, ON. K7C 3H9

2011-2012

**Aquafitness
It's "No Sweat"**

Builds muscle strength & endurance
Increases flexibility & range of motion
Improves balance & circulation

TOTAL BODY CONDITIONING

Various times to suit your needs
Workouts can be modified for your
fitness level, including pre and post
natal, arthritis and rehabilitation
Certified Instructors!

**WATER...it will give you a
LIFT every time!**

Carleton Place Aquatics

359 Bridge St. Carleton Place, ON K7C 3H9
Phone: 613-257-1005 or Fax: 613-257-3708

cppool@telecomottawa.net

www.carletonplace.ca

Admission Fees:

These prices may be subject to change without notice.

Drop In:

Adult (18-54)	\$9.00
Yth/Senior (55+)	\$7.50

Punch Cards (10 visits):

Adult (18-54)	\$81.00
Yth/Senior (55+)	\$67.50

Annual Memberships (1 year):

Adult (18-54)	\$468.75
Yth/Senior (55+)	\$396.50
Non-Residents ADD	\$50.00

Evenings ONLY Aquafit

Membership \$307.75
Non-Residents ADD \$50.00

Arthritis Annual Membership:

All Ages	\$341.25
Non-Residents ADD	\$50.00

Please note.....no pre-registration is required for any of our aquafit programs. Punch cards do not expire. Annual memberships expire 1 year from date of purchase and are non-transferable.

Aquafit Sessions

Fall Sept 12th-Dec 23rd
Winter Jan 9th-Mar 9th
Spring Mar 19th-June 22nd

MORNING Programs

Mon & Wed	9:30-10:15 am
Tues & Thurs	8:30-9:15 am
Fridays	9:00-9:45am

EVENING Programs

Add 15 minutes of hot pool at the end of each class for all evening classes.

Tuesday - Water Running - 7:45-8:30 pm
Wednesday - Shallow water - 7:45-8:30 pm
Thursday - Water Running - 7:45-8:30 pm

Take control of your fitness today...

Cardio Shallow Workout

Energy Builders Combo

Deep Water Running

COME TRY ANY OR ALL



AQUA ARTHRITIS

Arthritis classes offer the same benefits as our regular program with less intensity, a slower pace and an emphasis on modifying movements to suit individual needs, it's a great social environment too!

The goal of our Arthritis program is to improve physical well-being by increasing range of motion, strength, coordination, balance and endurance. A combination of these will help to decrease pain and stress.

This is a therapeutic class and is not intended to replace any prescribed exercises. Please check with your doctor prior to beginning any new exercise program

ARTHRITIS Aquafit

Mon & Wed & Fri

11:15-12:00

This is a Heartwise Program