

# Men's Aquatics Program March 2017

## Aquatics Program

	6:00 PM	7:00 PM	8:00 PM	9:00 PM
SUNDAY	Splash Time Swim Squad Prep	Water confidence Assessment Kick box	Splash Time Swim Squad	Splash Time Stroke Development (Fly/Breaststroke)
MONDAY	Splash Time	Swim Squad Prep Swim Squad	Splash Time Stroke Development	Splash Time Swim Squad
TUESDAY	Splash Time Swim Squad Prep	Splash Time Stroke Development	Splash Time Navy Seal	Splash time Stroke Development (Fly/Breaststroke)
WEDNESDAY	Splash Time	Swim Squad Prep Swim Squad	Water confidence Assessment Swim Squad	Splash Time Swim Squad
THURSDAY	Splash Time Swim Squad Prep	Splash Time Tabata	Splash Time Stroke Development	Splash Time Swim Squad
SATURDAY	Splash Time	Splash Time Swim Squad	Splash Time	

**Note:**

\* Classes and times are subject to change and availability.

\* During Ramadan, public holidays, summer months or other events occurring within Aspire Zone there may be an altered or suspended timetable.

\* The instructor may cancel a class or direct attendees to another class if the number of participants is insufficient.

\* ASPIRE ACTIVE Program and Timetables available at [www.aspire.qa/active](http://www.aspire.qa/active).  Us on Facebook at <https://www.facebook.com/AspireActive>

## MEN'S AQUATICS PROGRAM - CLASS DESCRIPTIONS

### AQUA KICKBOX

Practicing the latest martial arts and self-defense move in the water! Water provides a safe environment to support your joints, and offers natural resistance which helps to develop extra power and strength. The benefit of using the pool is that buoyancy reduces impact. So jumping moves that were not possible for some participants on land can be performed in water.

### SWIM SQUAD

Exclusive monthly designed swimming programs tailored to intermediate and advanced swimmers. The program pays detailed attention to swimming skill levels and aquatic fitness. This exclusive program can be joined by invitation only.

### NAVY SEAL

This adrenaline driven class will test your courage and fitness limits by taking you through high jumps, deep dives, powerful conditioning and extreme cardio both in and out of the water. It will change your past views on water training.

### SWIM SQUAD PREP

Develop a strong swimming technique base. The four competitive swimming strokes - freestyle, backstroke, breaststroke and butterfly all - are taught in this program in order to prepare you to advance you to your our exclusive Swim Squad.

### SPLASH TIME

Make sure to use the pool at your own leisure to swim laps! Swimming is a good all-round activity because it keeps your heart rate up but takes some of the impact stress off your body, builds endurance, muscle strength and cardiovascular fitness.

### TABATA

Tabata classes are combining high intensity interval training with the properties of water results and in short you will see better results than with typical cardio workouts that only target one or the other.

### STROKE DEVELOPMENT

Develop a strong swimming technique base. The four competitive swimming strokes - freestyle, backstroke, breaststroke and butterfly all - are taught in this program in order to prepare you to advance you to your our exclusive Swim Squad.

### WATER CONFIDENCE TEST

#### Why do we have to test you?

Due to swimming pool depth and to ensure your safety, those who wish to enroll in aquatic classes are tested to determine current aquatic skills.

#### Testing is based on the following criteria:

- \* Confident entry into the water.
- \* Ability to float comfortably on front or back.
- \* Ability to swim 25 m confidently.
- \* Confident whilst submerged under water.

**Testing will be evaluated individually. The decision of the instructor will remain final.**

#### Booking your Test:

To sign up, contact:  
ASPIRE ACTIVE Aquatic Reception:

Men's Aquatic: Tel. No. 4413-6488 or 4413-6245  
5:00 - 8:00 p.m. Sunday - Thursday