

# Men's Aquatics Program

## May 1 - 25 2017

### Aquatics Program

	6:00 PM	7:00 PM	8:00 PM	9:00 PM
SUNDAY	Splash Time	Splash Time	Splash Time	Splash Time
	Learn to swim	Swim Squad	Water confidence Assessment	Swim Fit
MONDAY	Splash Time	Splash Time	Splash Time	Splash Time
	Learn to swim	Stroke Development	Water confidence Assessment	Swim Fit
TUESDAY	Splash Time	Splash Time	Splash Time	Splash time
	Learn to swim	Swim Squad	Stroke Development	Swim Fit
WEDNESDAY	Splash Time	Splash Time	Splash Time	Splash Time
	Learn to swim	Stroke Development	Water confidence Assessment	Swim Fit
THURSDAY	Splash Time	Splash Time	Splash Time	Splash Time
	Learn to swim	Swim Squad	Stroke Development	Swim Fit
SATURDAY	Splash Time	Splash Time	Splash Time	
	Swim Squad	Stroke Development	WATER POLO	

**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). Like 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.

### LEARN TO SWIM

Join this class and learn to swim like a pro in no-time with the latest swim methodologies at hand. Add a new dimension to your fitness regime, improve your water confidence and become a better swimmer with us.

### 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.

### 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.

### 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.

### SWIM FIT

This class is designed to improve your swimming competency and style. A strong emphasis is put on developing your water confidence and providing you with an understanding of water safety.

### 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.

### 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.

### WATER POLO

Do you enjoy team sport and competition? Then join this class that allows you to enjoy the thrilling game of water polo. It's a sport growing in popularity and whether you're new to the sport, inspired by the Olympics, or just fancy giving it a go, join us and participate in an ultimate test of your endurance and strength.

### 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