


# Pre and Post Natal Aquatics Program

## 01 - 25 May 2017

	10:00 AM	3:00 PM	6:00 PM
Sunday	Gentle Aqua		
Monday			Gentle Aqua
Tuesday	Aquanatal		
Wednesday			Aquanatal
Thursday	Splash time		Splash time
Saturday		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>

### WOMEN'S AQUATICS PROGRAM - CLASSES DESCRIPTIONS

<b>AQUANATAL</b>	Sign up for an all-round combining cardio and conditioning. It is tailored to your personal intensity levels so as to optimize your exercise experience. It is the perfect class for pre and post-natal members.
<b>GENTLE AQUA</b>	Sign up for an ideal class for pre and post-natal members and ladies who want a gentle workout.
<b>SPLASH TIME</b>	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.

## **WATER CONFIDENCE ASSESSMENT**

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

Due to swimming pool depth and to ensure your safety, those who wish to enroll in aquatics 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** Aquatics Reception:

**Women's Aquatics Tel. No. 4413-6485**

**7:00 - 11:00 AM then 3:00 - 8:00 PM / Sunday - Thursday**

**8:00 - 11:00 then 3:00 - 8:00 PM / Saturday**