

Women's Aquatics Program

01 - 25 May 2017


	7:00 AM	8:00 AM	9:00 AM	10:00 AM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM
Sunday	Splash Time	Splash Time	Splash Time	Splash Time			Splash Time	Splash Time	Splash Time
		Swim Squad Prep	Aqua Kick Boxing	Gentle Aqua	Aqua Kick Boxing	Aqua Beginners	Stroke Development		
		Swim Fit		Water Confidence Assessment					
Monday	Splash Time	Splash Time	Splash Time	Splash Time			Splash Time	Splash Time	Splash Time
		Aqua Beginners	Aqua Gym	Swim Squad Prep	Swim Squad Prep	Gentle Aqua	Aqua Whole body		
				Stroke Development				Water Confidence Assessment	
Tuesday	Splash Time	Splash Time	Splash Time	Splash Time			Splash Time	Splash Time	Splash time
		Swim Squad Prep	Aqua Noodle Action	Gentle Aqua	Aqua Noodle Action	Aqua Beginners	Stroke Development		
		Swim Fit		Water Confidence Assessment					
Wednesday	Splash Time	Splash Time	Splash Time	Splash Time			Splash Time	Splash Time	Splash Time
		Aqua Beginners	Aqua Dance	Swim Squad Prep	Stroke Development	Gentle Aqua	Aqua Gym		
				Stroke Development				Water Confidence Assessment	
Thursday	Splash Time	Splash Time	Splash time	Splash Time			Splash Time	Splash Time	Splash time
		Swim Squad Prep	Aqua Tabata	Stroke Development	Aqua Tabata	Stroke Development / Swim Fit			
		Swim Fit							
Saturday		Splash time	Splash Time	Splash Time	Splash time	Splash time	Splash Time	Splash Time	Splash time
			Stroke Development / Swim Fit	1 Set Aqua			Stroke Development / Swim Fit	1 Set Aqua	

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.  Like Us on Facebook at <https://www.facebook.com/AspireActive>

WOMEN'S AQUATICS PROGRAM - CLASSES DESCRIPTIONS

1 SET AQUA	Design a workout according to your daily preference! Choose from a set of drills; cut or add, shrink or extend - everything is effective in order to reach your optimal goal! Join this class and put together an ultimate workout that has it all.
AQUA BEGINNERS	Introduction to the movements in the water for better understanding the body and the water interaction in order to add the intensity into your workout. Sometimes introduction to the equipment. Suits for newcomers as well as experiences customers will benefit from the class.
AQUA DANCE	This aqua class follows the rhythm of Rumba, Zumba and Cha-Cha-Cha in the water! So shake and twirl your body to our exclusive pre-choreographed routines. We challenge you to join our unique toning, trimming and thrilling water dance class!
AQUA GYM	This is a shallow water cardiovascular workout including a choreographed routine, designed to increase the heart rate. It uses ankle weights for enhanced overall body toning and is also a great workout for abdominals, buttocks and thighs.
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 and buoyancy also reduces impact.
AQUA NOODLE ACTION	The Aqua Noodle is great for underwater exercises and this class offers 101 challenging and dynamic ways to increase your fitness and muscle strength. It also helps you to tone your whole body by making you ten times lighter when you're in water.
AQUA TABATA	Tabata workouts are combining high intensity interval training with the properties of water and will improve both aerobic and anaerobic capacity and in a short period you will see better results than with typical cardio workouts.
AQUA WHOLE BODY	Do you want the Perfect Body? Just add water and make the pool your gym. This water-based cardio-and-strength regimen is a fabulous full body workout will burn calories, sculpt muscle, and help you get in your best shape ever.
GENTLE AQUA	Sign up for an ideal class for ladies who want a gentle workout.
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 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.

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