

The Maryland-National Capital Park and Planning Commission  
Department of Parks and Recreation, Prince George's County  
**Sports, Health and Wellness Division**

Rollingcrest-Chillum Splash Pool  
6122 Sargent Road, Chillum, Maryland  
(301) 853-9115 ♦ TTY 301-445-4512 ♦ Spanish Line 301-445-4509  
[www.pgparks.com](http://www.pgparks.com)

## Winter 2012 Water Aerobics

**Water Aerobics (Strength and Power Workout):** This high-impact workout utilizes the resistance of the water to strengthen and tone. Benefits include increased energy, increased range of motion, and improved muscle tone.

661966	Mon/Wed/Fri	01/04-03/02	8:00am-8:50am	24 Classes	\$60(R)/\$72(NR)
661967	Tues/Thurs	01/03-01/26	8:00am-8:50am	8 Classes	\$30(R)/\$36(NR)
661971	Tues/Thurs	02/07-03/01	8:00am-8:50am	8 Classes	\$30(R)/\$36(NR)

**Water Aerobics (Tri Hard and Survive):** This shallow water exercise class is designed to challenge oneself and build strength, while having fun! Three pieces of equipment will be used to make you work harder and survive the workout.

661964	Mon/Wed/Fri	01/04-03/02	9:00am-9:50am	24 Classes	\$60(R)/\$72(NR)
--------	-------------	-------------	---------------	------------	------------------

**(Deep Fluid Magic):** A challenging class, done in deep water! The cardio-workout is designed to sculpt your abs, butt and legs like never before. Ankle cuffs and dumb bells will be used in the exercise activities.

661616	Tues/Thurs	01/03-01/26	9:00am-9:50am	8 Classes	\$30(R)/\$36(NR)
661618	Tues/Thurs	02/07-03/01	9:00am-9:50am	8 Classes	\$30(R)/\$36(NR)

**Water Aerobics (Gentle Aqua):** This shallow water class is designed for someone new to water fitness. It is done at a slower pace, giving individuals a chance to learn the basics and get comfortable in the water.

661965	Mon/Wed/Fri	01/04-03/02	10:00am-10:50am	24 Classes	\$60(R)/\$72(NR)
--------	-------------	-------------	-----------------	------------	------------------

**Aqua Arthritis (Wake up Muscles):** This class increases range of motion, flexibility, muscle strength, and cardiovascular health through joint protected exercises. Posture alignment, body awareness, injury/surgery rehabilitation is emphasized and recommended for individuals with arthritis, chronic pain, and muscle fatigue.

656914	Tues/Thurs	01/03-01/26	10:00am-10:50am	8 Classes	\$30(R)/\$36(NR)
656915	Tues/Thurs	02/07-03/01	10:00am-10:50am	8 Classes	\$30(R)/\$36(NR)

**Aqua Zumba:** This Latin inspired aerobic workout is a fun and calorie burning dance workout done in the shallow end of the pool.

660417	Tues/Thurs	01/03-01/26	11:00am-11:50am	8 Classes	\$30(R)/\$36(NR)
660418	Tues/Thurs	02/07-03/01	11:00am-11:50am	8 Classes	\$30(R)/\$36(NR)
660415	Mon/Wed	01/04-03/05	6:25pm-7:15pm	16 Classes	\$55(R)/\$66(NR)

**Aqua Boot Camp:** A boot camp-style approach to water fitness training that includes using the water as a resistance tool while performing different exercises. No swimming experience necessary.

659064	Mon/Wed	01/04-03/05	7:40pm-8:30pm	16 Classes	\$55(R)/\$66(NR)
--------	---------	-------------	---------------	------------	------------------

# WANT A QUICK WORK-OUT? DROP-IN WATER AEROBICS!!!

**AGES 14+**

Are you searching for a commitment-free workout??? This plan may work for you!!!  
Come in once, twice, three times...or maybe not this week...

These water aerobics courses are designed to give you a great cardio & toning workout!!! You'll use various types of resistance equipment to strengthen muscles including:

Aqua Flotation Belts  
Aqua Dumbbells  
Noodles  
Aqua Cuffs

**Join us on Tuesdays, Thursdays, and Saturdays at the following times:**

Tue/Thurs (Deep Water)	6:30pm-7:20pm	\$6(R)/\$7(NR)	\$4.50/punch/\$5.50/punch – (10 punch min.)
Tue/Thurs (Shallow Water)	7:30pm-8:20pm	\$6(R)/\$7(NR)	\$4.50/punch/\$5.50/punch – (10 punch min.)
Sat (Deep Water)	9:00am-9:50am	\$6(R)/\$7(NR)	\$4.50/punch/\$5.50/punch – (10 punch min.)
Sat (Shallow Water)	10:00am-10:50am	\$6(R)/\$7(NR)	\$4.50/punch/\$5.50/punch – (10 punch min.)



The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

(Last Updated: 12/20/2011)