

ADULT AQUATIC FITNESS

ADULT WATER POLO

Drop-in Water Polo for adults is ongoing Tuesday evenings through the school year. \$6 pool admission. Subject to cancellation due to lack of participation, so please contact Angela (angela@tdrpd.org) or call the pool phone 530-550-4406 to make sure they are playing that night.

ADULT ONLY POOL TIME

DAYS: Mon. - Fri.

TIMES: 9-10am

FEES: Drop in pool admission or pool passes
Lap and Rec Pool open adults to use entire facility in a peaceful environment.

KAYAK ROLLS

Learn to roll your kayak in our brand new swimming pool! Don't wait until you are under the water in a skirt, practice your roll now. No instruction provided.

DAYS: Sundays from 12-5pm, Fridays from 5-7pm

FEES: \$8 drop in (no pool pass accepted)

MERMAID SWIM TIME

Open time to come and swim with your mermaid tail.

Sundays from 4-5pm

Fridays from 5-7pm

FEE: Drop in pool admission

ADULT BEGINNER SWIMMING

LOCATION: Community Swimming Pool

INSTRUCTOR: Amanda Oberacker

AGES: 12+

FEE: \$64 per session

DATES:

Saturday - 8:15-8:45am

S2: Nov 11th - Dec 23rd 2017 #9663

S3: Jan 13th - March 3rd 2018 #9664

S4: March 10th - April 28th 2018 #9665

S5: May 5th - June 9th 2018 #9666

Description: Conquer your fear of swimming! Work in your comfort zone & at your own pace to learn how to swim. Lessons taught in the shallow, warm water pool.

ADULT STROKE CLINIC

LOCATION: Community Swimming Pool

INSTRUCTOR: Amanda Oberacker

AGES: 12+

FEE: \$64 per session OR \$12 drop-ins (FRI ONLY)

DATES: Classes held on Friday OR Saturdays

Friday - 8:20-8:50am S2: Nov 10th - Dec 22nd 2017 #9657

S3: Jan 12th - March 2nd 2018 #9658

S4: March 9th - April 27th 2018 #9659

Saturday - 7:40-8:10am S2: Nov 11th - Dec 23rd 2017 #9660

S3: Jan 13th - March 3rd 2018 #9661

S4: March 10th - April 28th 2018 #9662

Description: With over 15 years of swim teaching experience, Amanda has created a series that is guaranteed to improve your swimming. Each class has a different focus, including freestyle breathing, kicking & pulling, backstroke & breaststroke.



SCUBA

Would you like to SCUBA dive on your vacation in some exotic place? At any time of the year, our instructor can take care of the pool and classroom portion of your training and give you a referral certificate that you can take to any dive operator who will complete your open water certification! After an initial meeting, you will complete a web based home study course that takes about 8 hours and three pool sessions of about 3 hours each. During summer months, there is also the option to complete your open water certification in Lake Tahoe. The cost listed is for the pool and classroom portion only. Open water completion, if you want it, must be arranged separately with the instructor at additional cost. You need your own mask, fins and snorkel. A thin wetsuit is also helpful for the pool. All other gear is provided.

INSTRUCTOR: Derek Larson. Mr. Larson has been a NAUI SCUBA Instructor since 1989 and he is also a professor of marine biology!

PRICE: Varies based on number of participants

Email amanda@tdrpd.org for more info or to set up a class

ADULT AQUATIC FITNESS (CONT.)

Fitness Schedule: (Sept. 11 - May 30) Please visit our website & consult the calendar to ensure a class isn't cancelled.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AquaFIT-Staff 9-10am Water Yoga - Joanna & Eileen 10-11am	Boost Masters 6:30-7:45am AquaHIIT - Shelley 9-10am SUP Yoga-Eileen 10:15-11:30am Adult Water Polo 7-8pm	AquaFIT-Staff 9-10am Water Yoga - Joanna 10-11am	Boost Masters 6:30-7:45am AquaHIIT-Shelley 9-10am	Stroke Clinic - Amanda 8:20-8:50am Deep H2O-Amanda 9-10am Kayak Rolls 5-7pm	Deep H2O-Amanda 12-1pm	Kayak Rolls 12-5pm

POOL CLASS PASS

\$90 fee, valid for 10 classes from participating instructors. Day use fee varies per class

WATER YOGA

DAYS: Ongoing Mon. & Wed.

TIMES: 10-11 am

FEES: \$11 drop in or \$90 for Pool Class Pass

INSTRUCTOR: Joanna McMullens

Water Yoga takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved.

BOOST MASTERS SWIM CLUB

INSTRUCTOR: Jeff Pearson

DAYS: Tues. & Thurs.

TIME: 6:30-7:45am

FEES: \$65 per month or \$15 drop in, or \$120 10 class punchcard.

These workouts are designed for everyone from total beginners to high level swimmers with different workouts for different ability levels. We have lanes for experienced swimmers as well as a beginner lane for those with no prior group experience.

* BOOST Swim Club does not accept class pass

AQUAFIT

DAYS: Ongoing September 19-May 24th

TIMES: Monday & Wednesday from 9-10 am

FEES: \$11 drop in or \$90 for Pool Class Pass

INSTRUCTOR: Pool Staff

The most amazing water workout and a wonderful way to cross train. All set to fun music & suitable for all levels and ability.

AQUAHIIT

INSTRUCTOR: Shelley Nielson

DAYS: Tues. & Thurs.

TIME: 9-10am

FEES: \$11 drop in or \$90 for Pool Class Pass

AquaHIIT is a high intensity training (HIIT) class that guarantees to get your heart pumping and burn calories. Combining periods of intense exercise and varying amounts of rest, this 55 minute class will burn fat, improve muscle tone, build strength and leave you feeling energized and motivated. With water providing up to 42% more resistance than air, the pool provides a perfect place to conduct HIIT workouts by allowing you to work out at a higher intensity with less impact on the body.

SUP YOGA (BEGINNING NOV. 1)

DAYS: Tuesday 10-11:15am

FEE: \$15 drop-in

\$75 5 class punch, \$125 10 class punch.

INSTRUCTOR: Eileen Allen

LOCATION: Truckee Pool

Yoga on a paddleboard has become an ideal way to practice yoga in a pool, pond, lake or the ocean. The principles that are taught on the yoga mat become essential and even more appreciated on the board. Enhancing the experience of concentration and moving with the breath on water, we have created a floating class room that allows students to develop core strength, balance, do things you never thought possible & stay warm indoors.

DEEP WATER AEROBICS FITNESS

DAYS & TIMES: Friday 9-10am & Sat. 12-1pm

FEES: \$11 drop in or \$90 for Pool Class Pass

INSTRUCTOR: Amanda Oberacker

You can sweat when wet! Join Amanda as she runs you through 60 min. of heart pumping water exercises. Great for low impact cardio.