

PE IN THE POOL

SWIM INSTRUCTION (SI)

Join us for some fun in the warm water therapy pool! Instruction will include safety skills, stroke drills, and demonstration to help our swimmers get more confident in the water. We will also enjoy some games or free play each session!

SWIM MOVEMENT (SM)

This class will combine movements from yoga, Pilates, and strength to have a well rounded water aerobic experience.

SWIM CONDITIONING (SC)

Is your swimmer excited to do laps, improve his or her skills and be challenged in the lap pool? If so, this POD is the perfect fit. We will work on fine tuning the four strokes through endurance training, logging laps, and motivational coaching. Participants should be able to freestyle or backstroke without assistance.

\$35 / 3 week session

CYCLE

This class increases confidence, self-esteem, and overall well-being - all through the experience of learning to ride a bike. Classes will teach proper set up and form as well as simulation of different terrain. You will come out of class feeling energized!

\$35 / 3 week session

PHYSICAL ACTIVITY PODS

**BEGINNING
SEPTEMBER 14**

FUN FITNESS

The focus of this class will be on fun games, activities, and challenges with non-contact play.

\$35 / 3 week session

ENERGY LIFTING YOGA AGES 8-10

Through yoga poses, kids release energy and learn how to relax. They will learn more about breathing and visualization and be introduced to yoga poses that will focus on improving coordination, creating strength and increasing flexibility.

\$35 / 3 week session

AGES 11-13

In addition to releasing energy and learning how to relax, kids will learn more postures and sequences. More focus on awareness of self and others, and longer times in meditation and mindfulness practices.

\$50 / 3 week session

CARDIO TENNIS

Enjoy heart pumping fitness with high-energy music while playing tennis. Exercises include balance, footwork, and agility. Tennis experience is not required.

\$50 / 3 week session

OUTDOOR RUN CLUB

These energetic classes help children develop cognitive, physical, and social skills through running games and drills while teaching the fundamentals of running. Complete with stretching, healthy living, and running tips.

\$35 / 3 week session

FITNESS DANCE

Dance like no one is watching! Enjoy 45 minutes of cardio dancing with one of our Sole Unique Dance Complex Instructors. Burn energy, release stress, and have fun while dancing to today's top hits.

\$50 / 3 week session



Register for a 3 week session online or through the WSC app.

MONDAY

9:30AM-10:00AM
PE in the Pool (SI)
Ages 5-7 / 8-10

11:00AM-11:30AM
PE in the Pool (SC)
Ages 8-10 / 11-13

3:00PM-3:30PM
Fun Fitness
Ages 11-13

4:00PM-4:30PM
Fun Fitness
Ages 5-7

4:45PM-5:15PM
Fun Fitness
Ages 8-10

5:00PM-5:30PM
Cycle
Ages 11-13

TUESDAY

2:00PM-2:45PM
Fitness Dance
Ages 11-13

2:30PM-3:00PM
PE in the Pool (SI)
Ages 5-7 / 8-10

2:30PM-3:00PM
Outdoor Running Club
Ages 11-13

3:15PM-3:45PM
Fun Fitness
Ages 11-13

4:00PM-4:30PM
Energy Lifting Yoga
Ages 8-10

4:00PM-4:30PM
Outdoor Running Club
Ages 8-10

4:45PM-5:30PM
Energy Lifting Yoga
Ages 11-13

WEDNESDAY

2:00PM-2:50PM
Cardio Tennis
Ages 8-10

3:00PM-3:50PM
Cardio Tennis
Ages 11-13

4:00PM-4:30PM
PE in the Pool (SC)
Ages 8-10 / 11-13

THURSDAY

2:00PM-2:30PM
PE in the Pool (SC)
Ages 8-10 / 11-13

2:30PM-3:00PM
PE in the Pool (SM)
Ages 8-10 / 11-13

4:00PM-4:30PM
Energy Lifting Yoga
Ages 8-10

4:00PM-4:30PM
Fun Fitness
Ages 5-7

4:45PM-5:30PM
Energy Lifting Yoga
Ages 11-13

4:45PM-5:15PM
Fun Fitness
Ages 8-10

SATURDAY

1:00PM-1:30PM
Energy Lifting Yoga
Ages 8-10

1:45PM-2:30PM
Energy Lifting Yoga
Ages 11-13