Aquatics Class Descriptions

Master's Swim Club: Open to all eligible patrons age 19 and older of all levels of experience. Practices focus of stroke development and improved performance and will be coached by the Curl Burke Swim Club.

Warrior Games Swim Team: (WW Only) The Paralympic Military Program's Swim Program is open to wounded, injured and ill servicemen and women on active duty or retired. The program serves all levels of swimming ability from beginners through competitive swimmers. A training/swimming program is established for each individual swimmer based on their injury/illness, ability, level of swimming skill, and individual goals. The focus is on safe swimming technique to prevent injury and to train for the Warrior Games. **WW Referral only.**

Stroke Development: ACDU/PRT A stroke improvement technique class for active duty service members who want to improve efficiency, strength and endurance and PRT times in the pool.

Therapeutic Swim Class: (WW Only) Designed for patients who may require adaptations and supervision for swimming. Class will improve patient's rehabilitation progress through aerobic fitness, increased muscle strength, increased flexibility, spatial and body awareness. The program provides group participation and social skills during their rehabilitation at WRNMMC. Swim class is goal-oriented by a therapist so to participate, wounded service members must be currently attending occupational or physical therapy. **WW Referral only.**

Kayak Clinic: Team River Runner (WW Only)
Established in August 2004 in the Washington, DC area, TRR is an all-volunteer organization run by kayakers. Through whitewater kayaking on various rivers, TRR promotes health, healing, and new challenges for wounded Veterans of the Iraq and Afghan wars. While the focus of Team River Runner's work is on soldiers recuperating at Medical Centers and VA's, TRR also provides the same programs to families supporting their wounded Vets. **WW Referral only.**

Aqua Zumba: Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Class meets in the shallow water.

***Aqua Power*:** This power packed class offers a vigorous cardiovascular workout in the pool. Use the resistance of the water to build endurance and stamina.

Cardio Splash: This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. You will create resistance to improve cardiovascular fitness as well as your overall health. AS the participant, you determine your own intensity by deciding how hard to manipulate the water.

Deep Impact: The ultimate "no impact" workout. We will use selected flotation devices for suspension in deep water and create a challenging aerobic interval workout using adaptations jogging, cross country skiing, bicycling, kicking, tilting, and jacks. Expect powerful moves and full range of motion to improve your strength, cardiovascular fitness, and flexibility. This class is for those who are interested in learning deep water exercise or looking for a workout with no impact.

Pool Hours: M-F 0500-2000, Sat/Sun & Holiday's 0900-1700

For More Information, Contact: Bryan Jackson, Aquatics Manager:

bryan.jackson2@med.navy.mil or amanda.kozay@med.navy.mil Phone: 301-295-0031

**(WW) Marked classes are for Wounded Warrior participants ONLY. Contact Pam for more info: Pamela.lenhert@usoc.org*