



# Welcome to the Hubbard Community Pool

Established 1975



Patrick T. Goclano, Aquatic Director

Aquatic Fitness and Swimming!

## SPRING 2017

March 27 thru June 4

### OPEN and LAP SWIM

#### GENERAL ADMISSION

Infants	Free
2 and Up	\$5
SCUBA	\$7

#### CLOSED:

April 16  
April 23  
May 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Member Swim 6-8am Lap 8-12pm Lap 6:30-8pm	Open 7-8am Lap 8-12pm Lap 6:30-7:30pm Open 7:30-9pm	Member Swim 6-8am Lap 8-12pm Lap 6:30-8pm	Open 7-8am Lap 8-12pm Lap 6:30-7:30pm Open 7:30-9pm	Member Swim 6-8am Lap 8-12pm Open 3-5:30pm (no lap swim)	Lap 8-11am Open 11-5pm	Lap 12-2:30pm Open 2:30-5pm

\*At times, certain sections of the pool may be closed for water aerobics and/or athletic training.

\*At times, lap swimming may be reduced to only certain lane(s).\* \*Lap swimmers must remain in the lap area.\*

## MEMBERSHIPS

### Swimming Memberships

#### Individual Rates    Family Rates\*\*

1 Month - \$40	1 Month - \$70
3 Month - \$100	3 Month - \$180
1 Year - \$280*	1 Year - \$430

\*Senior Citizen Special - 1 yr \$225\*

\*\*Upgrade to Unlimited - \$20/mo. per person

5% discount for all Hubbard residents on memberships only!

### Swimming AND Classes

#### Unlimited (Individual)

1 Month - \$57
3 Month - \$160
1 Year - \$410

(Does not include Premium Classes)

## PACKAGES

### Group Exercise Classes

Each class is approx. 50 min to 1 hour.

1 Class - \$6
10 Classes - \$48 - 3mo. expiration
20 Classes - \$86 - 6mo. expiration
40 Classes - \$160 - 1yr expiration

## SMALL GROUP PREMIUM CLASSES

### HydroSpin - Aqua Stand Up - Tabata - Acquaboxe- Acquapole- Aquastrength

Why choose PREMIUM? Premium class sizes are limited - small class sizes offer better instruction from our specially trained instructors and a wider variety of equipment options are available. Premium classes are themed to really target specific areas. Visit [www.hubbardpool.com](http://www.hubbardpool.com) for more information and pricing.

•Prepayment is required •NO REFUNDS/CREDITS •Non-transferrable

## RENTALS

Throughout the year we rent out our facility for swim meets, competitive practices, birthday parties, family reunions, and more. Choose either private or public to suit the needs of your group. Both very affordable options in comparison to other venues. Please visit our website at [www.hubbardpool.com/rentals](http://www.hubbardpool.com/rentals) for our pricing list.

Prices are inclusive of American Red Cross Certified Lifeguards. You can book easily by calling us at 330-272-9901 and ask about our electronic signature option.

Public- While we are open. Your party & the public share the pool. Saturday (11am-1:30pm/2:30-5pm) or Sunday (2:30-5pm)  
Private- When we are closed. Just your party is using the pool. (Friday, Saturday and Sunday) Starting at 6pm

# Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9am</b> Shallow	<b>9am</b> Shallow	<b>9am</b> WATERinMOTION	<b>9am</b> Shallow	<b>9am</b> WATERinMOTION	<b>9am</b> Deep Core n More	<b>1:30pm</b> WATERinMOTION
<b>11am</b> Arthritis	10:30am - SS Classic***	<b>11am</b> Arthritis	10:30am - SS Classic***	<b>11am</b> SS Yoga #	<b>10am</b> Shallow	
<b>6:30pm</b> WATERinMOTION	<b>11am</b> WIM Platinum	<b>6:30pm</b> WATERinMOTION	<b>11am</b> WIM Platinum	<b>11am</b> Arthritis		
	<b>5:30pm</b> Deep Core n More		<b>5:30pm</b> Deep Core n More			
	<b>6:30pm</b> Shallow		<b>6:30pm</b> Shallow			

\*PREMIUM SESSIONS ARE NOT INCLUDED IN MEMBERSHIPS OR PACKAGES. See front for pricing information.

\*\*\*SS Classic is a SilverSneakers class that is offered at Roosevelt Gymnasium - 110 Orchard Avenue, Hubbard, OH 44425.

#SS Yoga is a SilverSneakers class offered at Roosevelt Gymnasium. It is a Yoga class for the aging population and is done primarily seated in a chair.

## PREMIUM CLASSES

\***HydroSpin - Aqua Stand Up- Tabata - Acquaboxe - Acquapole - Aquastrength and More...**

Premium sessions consist of 8 classes. Instructors for each course have been specially trained to give you premium attention. Class sizes will be limited to ensure proper technique and attention. Visit our website or see the front desk personnel for current class offerings. Sign ups are first come first serve!



Our instructors are certified through the Aquatic Exercise Association!



## CLASS DESCRIPTIONS

### Aquatic Fitness - Group Exercise Classes

**Shallow Water** - Get your heart pumping with this energizing workout! Using a mix of cardio, strength training and stretching exercises, we'll send you home invigorated!

**Deep Water** - Be ready for a tough class with no impact! Great for every fitness level. Participants are supported with buoyancy belts throughout the class to help maintain core strength.

**Arthritis Exercise** - Gentle flowing movements make this class great for soothing tired, tense joints and muscles. Participants will leave feeling relaxed and refreshed.

**WATERinMOTION Platinum** - is a pre-choreographed, group aqua exercise program that is designed for the aging population. Music is set at 130 bpm to deliver a refreshing and invigorating workout that promotes endurance, flexibility and muscular strength.

**WATERinMOTION** - is a pre-choreographed, group aqua exercise program that refreshes your experience every 3 months. It offers great sing a long music in an easy to follow format that addresses specific needs in each song. Enjoy this low impact, high intensity workout time after time.

### Aquatic Fitness - Small Group Premium Exercise Sessions

**Aquastrength** - This class is designed by the Aquastrength company from New Zealand. They specialize in ultra-drag equipment that is great for those cardio lovers and strength trainers. The use of hand bells, leg fins, and barbells will have your muscles begging for mercy!

**HydroSpin** - We introduced aqua cycling in 2011 with state of the art Hydorrider bikes made in Italy of the finest quality stainless steel. A high quality bike and instructor will shed inches and burn calories in this 45 minute heart racing class. Let's sweat!

**Bootcamp Circuit** - This class is a tough circuit series designed for maximum calorie burn! Participants will be coached on proper technique as they complete a full body workout targeting all the common problem areas. Heart rates will be pushed to the maximum to increase stamina and muscle strength. Try out this class only if you are experienced in aquatic exercise! There will be lots of equipment and variety for each session.

**Tabata** - Based off the research of Dr. Tabata, this new aqua fitness class is an invigorating type of workout specifically geared towards FAT LOSS. The class is led by an experienced instructor that will coach you through the routine. The research of Dr. Tabata proves that training through short bursts of super high intensity and static resting will burn more fat than traditional workouts. Give it a try, it's sure to make you sweat!

**Aqua Stand Up** - Want a new challenge? Aqua Stand Up comes from France. This class uses a paddle board that is tethered to the walls. With the use of your legs, arms and balance you will paddle your way through a full body workout, using legs, arms, and core. It truly is an amazing workout and one of our bestselling classes! Try yours today!