

East Lyme Aquatics and Fitness Center

Adult Programs

Aqua Fit	<i>Tues/Thurs 7:30-8:15 AM, Instructor: Kim Stirtan</i>	
<p>An immensely enjoyable workout using resistance and buoyancy of water to provide a low-impact work-out that is both fun and effective. It is suitable for all ages and different levels of fitness. Aqua fitness work-outs aim to improve all the components of fitness: muscular endurance and strength, body composition, aerobic capacity, and flexibility or joint mobility, as well as improving neuromuscular coordination.</p>		
Fall Session: 8/27-10/1, 10/6-11/5 Winter Session: 11/10-12/17 (not 11/24, 11/26) & 1/5/16-2/4/16		5 Weeks: Member \$60, Non-Member \$80 10 Weeks: Member \$110, Non-Member \$130
Silver Splash	<i>Mon/Wed/Fri; 8:30-9:20 AM Instructor: Ann Farley</i>	
<p>A water aerobics class designed for active older adults increasing muscle strength and improving balance, coordination, flexibility and range of motion through water exercise. Participants do not need swimming skills.</p>		
Ongoing 5 week Sessions Begin 8/24, Join any time! No Class 9/7		1xPer Week: Member \$60, Non-Member \$80 2xPer Week: Member \$90, Non-Member \$120
Private Instruction	<i>Individual and Semi-Private Group options available.</i>	
One on one instruction with a swim instructor. Each lessons is 1/2 hour in length.		
Individual instruction: 5 x 30 minute lessons: Members \$125, Non-members \$150		Semi-private Group Instruction (2 participants) 5x30 min lessons, together Members \$200, Non-members \$230
Nutmeg Masters	<i>Adult Competitive Swimming, Coach Cecilia Emblidge</i>	
<p>This program is designed for individuals 18 and older interested in continuing to pursue swimming in a fun and competitive environment. The goal of the Masters Swimming program is to improve athletic performance through innovative workouts oriented around aerobic development, speed and endurance work, and proper technique. While the program is geared for individuals interested in competing at US Masters Swimming Competitions throughout the season, swimmers of all abilities are encouraged to join. There are no prerequisites or tryouts for this program. The program is broken into 3 seasons (9/8-11/30, 12/1-2/27, 3/1-5/28). Additional expenses include meet fees incurred and US Masters and/or New England Masters membership.</p>		
Practices: Tuesday/Thursday 6:00-7:00am Saturday: 6:00-7:30am		3 Month Season: Member \$90 / Non-Member \$140 Annual (9 Months): Member \$250/Non-Member \$400 Daily Drop-In: Member \$8 / Non-Member \$12
Fear of Water	<i>Private sessions by phobia expert Casey Sugarman (617) 359-7941</i>	
Any size fear can be overcome. Flexible scheduling, customized, at your pace. Instructor: Members: \$52/hour Non-members: \$58/hour		

