

Summer 2023!

Effective May 30th, 2023 (some classes will have separate start dates, so please check your specific class).

Water Exercise

Our water exercise classes use a combination of shallow and deep water to help strengthen cardiovascular system and core. *Moderate to High workout*

Monday-Saturday: 7:00-8:00 am (indoor pool)

Monday-Thursday: 6:00-7:00 pm (indoor pool)

Aqua Jogging—Running for Sport Conditioning

This class is great for cross training and gives the body a rest from the impact of running on land, It's a 30 minute class in the deep end with little to no impact. We will use buoyancy belts (you can also bring your own resistance gloves)

Moderate to High workout

Tuesday and Thursday: 5:30-6:00 pm (outdoor pool)

Inter-circuit Workout

This class combines muscular resistance, cardio, and balance to provide a well-rounded workout. We will use equipment, stations, and music. Shoes are recommended. *Moderate to High workout*

Monday: 8:00-9:00 am (indoor pool)

Functional Fluid Fusion

In this class, movements are designed to help improve balance, core stability, flexibility, range of motion, and mental function. Music is used to build core stability and strength. Shoes are recommended.

Friday: 8:00-9:00 am (indoor pool)

Splash Dance! (starts May 30th)

Gently choreographed with upbeat tunes! Cardiovascular training and Muscle toning.

All levels welcomed! *Moderate to High workout*

Tuesday & Wednesday: 9:30-10:30 am (outdoor pool)

Aqua Yoga (starts June 1st)

Incorporating yoga flows and holds for balance and strength enhancement.

Low intensity

Thursday: 8:00-9:00 am (indoor pool)

Arthritis Aquatic Foundation Program

Water is a safe environment for relieving pain and stiffness; and allows you to exercise without putting excess strain on your joints and muscles. This is a non impact class.

Monday-Thursday: 12:00-1:00 pm (indoor pool)

Aqua Fitness

Moderate to high intensity shallow water class designed for all levels of aquatic fitness. By using the water's resistance to tone and define the body, you will enjoy toning, improved balance, and flexibility.

Monday & Wednesday: 1:00-2:00 pm (indoor pool)

Tot Time!

Tuesday and Thursday:

10:00-11:00 am (indoor pool)

\$3.00 per adult

Ages 6 months –4 years please

This is not instructor led. It is a great time for you and your kiddo to swim together and get oriented to the water!

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Adult Swim (Indoor Pool)

Adults only please. This is a great time for adults to focus on their individual workouts.

Monday, Wednesday, and Friday: 9:00 am- 12:00 pm

Open Swim (Outdoor Pool—starts May 30th)

Open swim is for everyone to come and play in the water! All children 6 and under must have an adult swimming within arm's reach of them the entire time. The Splash Pad is open during Open Swim hours.

Monday-Thursday: 1:00-5:30 pm

Friday: 1:00-7:00 pm

Saturday: 1:00-7:00 pm

Lap Swim (starts May 30th)

Lap swim is for serious lap swimmers only. Lane sharing is encouraged!

Tuesday, Wednesday, and Friday: 9:30-11:00 am (3 lanes)

Monday-Friday: 11:00 am –12:45 pm (all lanes*) *We are excited to announce that Master's Swim is coming to the BAC! They will have 3 lanes for practice Monday and Wednesday mornings from 11:00-12:45. This is a wonderfully inclusive group, and all lap swimmers are welcome to join! Please visit usms.org for registration details.

Saturday: 11:30 am-12:45 pm (all lanes)

Monday-Thursday: 6:00-8:00 pm (3 lanes) effective June 5th

Prices (effective April 1st, 2023):

For in-district fees, please provide proof of your zip code (Hamilton or Corvallis)

Open Swim Daily Admission: \$4.00 (ages 4-6) \$6.50 (ages 7-17) \$7.50 (ages 18+)
In-District: \$3.50 (ages 4-6) \$6.00 (ages 7-17) \$7.00 (ages 18+)

Child Summer Pass: \$135.00

In-district: \$125.00

Adult Daily Admission for Water Aerobics: \$8:50
In district: \$7.50

Monthly Pass: \$55.00 (each additional family member \$45)
In district: \$50.00 (each additional family member \$40)

Season Pass: \$160.00 (each additional family member \$109)
In-district: \$150.00 (each additional family member \$99)

Child Punch Card (age 4-6): \$40.00
In-District: \$35.00

Child Punch Card (age 7-17): \$60.00
In-District: \$55.00

Adult Punch Card (includes water aerobics): \$70.00
In-District: \$65.00

Lap Swim Pass: \$135.00
In-district: \$125.00