

WATER AEROBICS

We believe aquatic fitness classes are a great way to exercise, meet new friends, and change up your regular routine! These workouts will get your heart rate up, strengthen muscles, improve your balance and increase your flexibility. Our water aerobics program encourages participants to increase range of motion and cardiovascular endurance in a fun and energizing atmosphere! Move at your own pace or keep up with our energetic instructors!

GENERAL AQUA AEROBICS

Day	Date	Time	Daily Drop-In Fee R/NR	*10 visit Fitness Pass R/NR
Mon/Wed/Fri	9/11- 11/29	9:00-10:00am	\$12/class	\$95/\$105

NO WATER AEROBICS CLASSES: Thanksgiving week 11/20 – 11/22

Class times and schedules are subject to change without notice. Please call the front desk to verify class times before dropping in for a session by calling 510-578-4620.

*All facility members and pass holders must pay an additional fee for all instructor led classes. Facility passes such as: All Inclusive Pass (adult or senior), Season Pass, or Employee Passes do not grant access into our Aqua Aerobics Classes.

LIFEGUARD CERTIFICATION TRAINING

Upon successful completion of the course, participants will earn their Shallow Water Lifeguard Certification (up to 5 feet deep). Pre-requisites: Participants must have the ability to swim 100 yards (300 yards with Newark Employment), demonstrating freestyle and breaststroke, tread water without arms for 2 minutes, and swim 20 yards, retrieve a 10 pound object underwater, swim with object back to starting point in 40 seconds. As this is a national certification and can be quite rigorous for some, candidates must pass all elements of the course to become certified. Additional Certification in First Aid, CPR, AED, and Oxygen administration is contained in this course. Note: Actual time of the course may vary depending upon the skill level of the participants. Participants must be 15 years of age by the first day of class.

PARTICIPANTS MUST ATTEND ALL CLASS DATES!

Day	Date	Time	#	Fee R/NR
Fri-Sun	9/15-9/17	Fri 4:00pm-9:00pm Sat-Sun 8:00am-5:00pm	3	\$185/\$195
Fri-Sun	11/10-11/12	Fri 4:00pm-9:00pm Sat-Sun 8:00am-5:00pm	3	\$185/\$195

Certification Disclaimer: Participants must pass the entire prerequisite test in order to continue in the course. Failure to pass the prerequisite test results in forfeiture of class fees or a one-time transfer to a future City of Newark course. Once a participant passes the prerequisite test, no refunds or transfers will be processed.

Certification Requirements: To receive an American Red Cross certification, participants must: 1. Pass all course prerequisites, 2. Attend all class sessions in their entirety, 3. Demonstrate competency in all required skills and activities, 4. Demonstrate competency in the final skills scenarios, 5. Correctly answer 80% of the questions on the final written exam, 6. Please note that some tests can only be taken once. Failure to meet the course prerequisites requirements will result in forfeiture of class fees and certification will not be granted. If you have any questions, please contact Samantha Fallon, Aquatic Coordinator, at samantha.fallon@newark.org



LIFEGUARD CERTIFICATION TRAINING DISCOUNT!

Work for the City of Newark and take the training course for only \$75!

Requirements to take the course at discounted rate:

- Submit a City of Newark Application
- Submit an Availability Form *
- Schedule a Skills Evaluation & Interview with the Aquatic Coordinator

*Please note, discounts will only be granted to those who successfully complete the above requirements. All requirements must be scheduled and completed prior to first day of the course.

For all training discounts and scheduling inquiries, please contact Samantha Fallon, Aquatic Coordinator at samantha.fallon@newark.org