



**Woodlands Aquatic Center**  
 134 Shenot Road  
 Wexford, PA 15090  
 Phone: 724-935-5470  
[www.MyWoodlands.org](http://www.MyWoodlands.org)

**February 27 – April 21  
 (8 - Week Session #2)**

*Minimum of 7 participants needed for all adult classes  
 Minimum of 4 participants needed for all youth classes*

8 Week Classes	Days/ Times	Instructors	Fee
<p><b>Endurance and Strength</b> A rigorous cardio interval workout that combines strength training and water power movements using a variety of equipment in both deep and shallow water. Floatation belts provided.</p>	Wed/Fri.....6:30-7:30 a.m.	Carol Sudar	1x/week = \$70 2x/week = \$95
<p><b>Deep Water Aquacize</b> A vigorous workout in deep water, no impact, and improvement in strength, fitness, agility, and mobility as benefits. Swimming ability not necessary but helpful, floatation devices supplied.</p>	Tues/Thurs.....8:45-9:45 a.m.	Katherine Longwell	1x/week = \$75 2x/week = \$95
<p><b>Aquacize</b> Low impact H2O aerobics for adults designed to improve fitness, mobility, agility, and strength. Swimming ability not required.</p>	Tues/Thurs.....1:00-2:00 p.m.	Corinna Skorpenske	1x/week = \$70 2x/week = \$95
<p><b>Deep Water Arthritis</b> A combination of deep water and shallow activities; the class uses gentle flexibility and low impact exercise to improve range of motion, muscle strength, endurance and cardiovascular fitness. This class is designed for anyone with arthritis symptoms associated with joint disorders. Swimming ability not necessary but helpful, floatation devices supplied.</p>	Tues/Thurs.....12:00-1:00 p.m.	Corinna Skorpenske	1x/week = \$70 2x/week = \$95
<p><b>H2O Fitness</b> A high energy class designed to burn lots of calories by using fast and slow intervals and increase core strength by targeting the abdominals. Participants will use a wide variety of equipment including: exercise noodles, hand buoys, float belts, hand paddles, and hydrotones. It will be a combination deep/ shallow class allowing participants not comfortable in the deep to stay shallow.</p>	Mon/Wed/ Fri.....10-11 a.m.	Edna Spang	1x/week= \$70 2x/week= \$95 3x/week= \$125
<p><b>DIY Time</b> This is your opportunity to create your own exercise regimen in the pool. The pool will be open with a guard on duty for you to exercise on your own in whatever way suits you best. This is not the same as our lap swim.</p>	Mon/Wed/ Fri.....9:00 a.m.-12:30 p.m. Tues/Thurs.....9:00-11:30 a.m. Mon/Tues/Wed/Thurs.....4:00-6:00 p.m. Sat.....9:00-11:30 a.m.	No Instructor	<b>A.M. Times:</b> 1x/week = \$40 2x/week = \$80 <b>P.M. Times</b> 1x/week = \$40 2x/week = \$80
<p><b>Lap Swim</b> For individuals who are interested in swimming laps and exercising independently. Lane sharing may be necessary at times.</p>	Mon/Wed.....11 a.m.-12:30 p.m. Tues/Thurs .....4:00-6:00 p.m. Tues/Thurs.....10:45 a.m.-12:30 p.m.	No Instructor	1x/week = \$40 2x/week = \$80
<p><b>Silver Splash®</b> Activate your aqua urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination. SilverSneakers® is a registered mark of Healthways, Inc</p>	Mon/Wed/Fri.....9-10 a.m.	Katherine Longwell	Covered by some Highmark insurances. Not Eligible? No Problem! 1x/week = \$40 2x/week = \$ 80



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<p><b>Aqua Stars</b> Participants will set individual goals with instructor and have the opportunity to use the water to achieve these goals. Goals include, but are not limited to, learning to swim, water walking, muscle toning and strengthening, and improving balance and flexibility. Personal assistant may be necessary in the water, depending on participant's ability. For individuals with disabilities of all ages.</p>	<p>Tues.....6:00-7:30 p.m.          Thurs.....6:00-7:30 p.m.</p>	<p>Adam Bostwick          Butch Kucan</p>	<p>1x/week = \$70          2x/week = \$95</p>
<p><b>Parent and Child</b> This program will acquaint the parent and child to the aquatic environment through water play, songs, and games. Water adjustment and water safety will be the emphasis of this program.</p>	<p>Thurs.....5:30-6:00 p.m.</p>	<p>Butch Kucan</p>	<p>Thurs = \$90</p>
<p><b>PS Level 1-Green</b> Designed to give young children a positive, developmentally appropriate aquatic learning experience, this level is designed to orient preschool children to the aquatic environment and to help them gain basic aquatic skills in each category at the most rudimentary levels. It also helps children develop comfort in, on, and around the water.</p>	<p>Wed.....5:30-6:00 p.m.          Sat.....9:30-10:00 a.m.</p>	<p>Pam Paton          Katherine Longwell</p>	<p>Sat = \$90</p>
<p><b>PS Level 2-Yellow</b> Builds on the basic skills in level 1, children begin learning the rudimentary propulsive swimming movements on both the front &amp; back. Appropriate personal safety &amp; rescue skill are included. Level 2 helps children gain greater independence in the skills and develop more comfort in and around the water. Skills learned include: overcome fear, build confidence in the water, learn body positioning and leg &amp; arm movements.</p>	<p>Mon.....5:45-6:15 p.m.          Wed.....4:15-4:45 p.m.          Thurs.....5:00-5:30 p.m.          Sat.....9:00-9:30 a.m.</p>	<p>Pam Paton          Pam Paton          Katherine Longwell          Katherine Longwell</p>	<p>Mon/Wed/Thurs/Sat = \$90</p>
<p><b>PS Level 3-Brown</b> This class continues to build on the skills learned in Levels 1 &amp; 2 by providing additional guided practice of basic aquatic skills at a slightly more proficient performance level using greater distances and times. The skills in this level are performed independently. Skills learned include: Coordination of front &amp; back crawl without support, rotary breathing, introduction to butterfly and treading water.</p>	<p>Tues.....4:45-5:15 p.m.          Sat .....10:00-10:30 a.m.</p>	<p>Pam Paton          Katherine Longwell</p>	<p>Tues /Sat= \$90</p>
<p><b>Level 2-Purple</b> Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes.</p>	<p>Mon.....5:00-5:40 p.m.          Wed.....4:45-5:25 p.m.          Sat.....9:30-10:10 a.m.</p>	<p>Pam Paton          Pam Paton          Pam Paton</p>	<p>Mon/Wed/Sat = \$90</p>
<p><b>Level 3-Orange</b> Participants learn the survival float, swim the front crawl and elementary backstroke. Introduction to the scissors and dolphin kicks, building on the fundamentals of treading water, rules of headfirst entries, and seated dives are taught at this level.</p>	<p>Mon.....4:15-4:55 p.m.          Tue.....5:15-6:00 p.m.          Thur.....4:15p.m.-4:45p.m.          Sat.....8:45-9:25 a.m.</p>	<p>Pam Paton          Pam Paton          Katherine Longwell          Pam Paton</p>	<p>Mon/Tue/Thur/Sat = \$90</p>
<p><b>Private Lessons</b> Private Lessons are one half hour long and provide the opportunity to work one-on-one with an instructor.</p>	<p>Must be scheduled through the Wellness Manager</p>	<p>Various</p>	<p>\$150 = 5 lessons          \$300 = 10 lessons          \$375 = 15 lessons          \$35 = 1 lesson</p>
<p><b>Open Swim</b> The pool will be available with a guard on duty to exercise and have fun alone or with family.</p>	<p>Saturday.....11:00 a.m.-1:00 p.m.</p>	<p>None</p>	<p>\$5.00 per person per session</p>