



Welcome to the Hubbard Community Pool

Established 1975



Patrick T Goclano, Aquatic Director

Aquatic Fitness for a Healthier Life!

FALL/WINTER 2017

AUGUST 21 thru MARCH 11

OPEN and LAP SWIM

GENERAL ADMISSION

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

CLOSED:
September 4
November 12,23-24
December 1-3,24,25,31
January 1,21

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	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 - \$80
3 Month - \$105	3 Month - \$190
1 Year - \$290*	1 Year - \$470

Senior Citizen Special - 1 yr \$235

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

Swimming AND Classes

Unlimited (Individual)

1 Month - \$65
3 Month - \$180
1 Year - \$450

(Does not include Premium Classes)

PACKAGES

Group Exercise Classes

Each class is approx. 50 min to 1 hour.

1 Class - \$6
10 Classes - \$50 - 3 month expiration
20 Classes - \$90 - 6 month expiration

5% discount for all Hubbard residents on memberships only! Payment Plans are available!

SMALL GROUP

HydroSpin - Aquastrength - Bootcamp Circuit - Tabata - Acquapole- Aqua Stand Up

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 for more information and pricing.

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

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. Sign ups are first come first serve!

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 are very affordable options in comparison to other venues. Please visit our website at www.hubbardpool.com/rentals for our pricing list.

Note: From January through May our schedule fills extremely quickly and we recommend booking 2-3 months in advance.

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.

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am Shallow	9am Shallow	9am WATERinMOTION	9am Shallow	9am WATERinMOTION	9am Deep Core n More	1:30pm WATERinMOTION
11am Arthritis	10:30am - SS Classic***	11am Arthritis	10:30am - SS Classic***	11am SS Yoga #	10am Shallow	
6:35pm Latin Intensity	11am WIM Platinum	6:35pm WATERinMOTION	11am WIM Platinum	11am Arthritis		
	5:30pm Deep Core n More		5:30pm Deep Core n More			
	6:35pm Shallow		6:35pm Shallow			

***SS Classic is a SilverSneakers class that is offered at the Board of Education Room:

Located at 108 Orchard Avenue, Hubbard, OH 44425.

#SS Yoga is a SilverSneakers class offered at the Board of Education Room. All Yoga postures can be done seated!

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!

Latin Intensity - Love Latin music? Then this is the class for you! Shake your body through the water to fun Latin inspired choreographed songs. You will leave rejuvenated, and singing the songs the rest of the night!

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 Hydrorider 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!