



Welcome to the Hubbard Community Pool



Established 1975

Craig G. Yaniglos, Aquatic Director
Aquatic Fitness & Swimming

FALL/WINTER August 22 thru March 26

GENERAL ADMISSION

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

CLOSED:

September 5, 24
October 8
November 24, 25
December 23,24,25
December 31(Close 11)
January 1, 21, 22

OPEN and LAP SWIM

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.*

Lap swim will NOT be available after 7:30pm on Tuesday and Thursday evenings due to our Masters Swim Program

MEMBERSHIPS

Swimming Memberships

Individual Rates Family Rates**

1 Month - \$40	1 Month - \$70
3 Month - \$100	3 Month - \$180
1 Year - \$280*	1 Year - \$430

Senior Citizen Special - 1 yr \$225

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

5% discount for all Hubbard residents on memberships only!

Swimming AND Classes

Unlimited (Individual)

1 Month - \$57
3 Month - \$160
1 Year - \$410

(Does not include Premium Classes)

PACKAGES

Group Exercise Classes

Each class is approx. 50 min

1 Class - \$6
10 Classes - \$48 - 3mo. expiration
20 Classes - \$86 - 6mo. expiration
40 Classes - \$160 - 1yr expiration

SMALL GROUP PREMIUM CLASSES

HydroSpin - Yoqua - Bootcamp Circuit - Tabata - Acquapole

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

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	
6:30pm WATERinMOTION	11am WIM Platinum	6:30pm WATERinMOTION	11am WIM Platinum	11am Arthritis		
	5:30pm Deep Core n More		5:30pm Deep Core n More			
	6:30pm Shallow		6:30pm Shallow			

***SS Classic is a SilverSneakers class that is offered at Roosevelt Gymnasium:

Located at 110 Orchard Avenue, Hubbard, OH 44425.

#SS Yoga is a SilverSneakers class also offered at Roosevelt Gymnasium. 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!

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

Yoga - Release stress and rebalance the body utilizing ancient techniques of Hatha yoga. Learn the benefit of PNF through the AQUA salutation and through breath-coordinated movement experience total body recovery.

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!