

**UWHealth**University of Wisconsin  
Sports Medicine

Fall 2009

# Aquatics Classes

Call (608) 263-7936

**15 Weeks: September 8 – December 20, 2009**

No classes 9/7 (Labor Day) and 11/26 (Thanksgiving Day). Class fees prorated for these dates.

**REGISTRATION**

Early Registration (Re-Enrollment In Current Classes Only)

**August 10 – 13**

Preferred Registration (Current Class Participants and FC Members)

**August 14 – 16**

Open Registration (Anyone)

**Starts August 17***All new participants must submit a completed Physician's Authorization form and undergo a pre-participation screening prior to starting class.***Lap Pool (82° F) Classes**

| Class                         | Days | Time             | Instructor     | Fee      | Discount* | Member   |
|-------------------------------|------|------------------|----------------|----------|-----------|----------|
| Aqua Aerobics                 | TR   | 5:30 – 6:30 PM   | Foss           | \$202.00 | \$161.60  | \$101.00 |
| Aqua Aerobics                 | M    | 6:30 – 7:30 PM   | Reilly         | \$98.00  | \$78.40   | \$49.00  |
| Deep Water Interval Training  | TR   | 11:10 – 11:55 AM | Oster/Reilly   | \$152.00 | \$121.60  | \$76.00  |
| Deep Water Interval Training  | W    | 6:30 – 7:15 PM   | Oster          | \$52.00  | \$41.60   | \$26.00  |
| <i>10 wk: 10/6-12/15</i>      |      |                  |                |          |           |          |
| Masters Swim                  | TR   | 6:00 – 7:15 AM   | Gausewitz      | \$253.00 | \$202.40  | \$126.50 |
| Masters Swim                  | TR   | 6:40 – 7:55 PM   | Friedland Ryan | \$253.00 | \$202.40  | \$126.50 |
| Masters Swim                  | T    | 12:00 – 12:45 PM | Bock           | \$78.00  | \$62.40   | \$39.00  |
| Masters Swim                  | F    | 6:00 – 7:00 AM   | Haag           | \$105.00 | \$84.00   | \$52.50  |
| Sr. Aqua Aerobics             | MW   | 8:20 – 9:20 AM   | Singer/Briehl  | \$202.00 | \$161.60  | \$101.00 |
| Sr. Aqua Aerobics             | TR   | 10:05 – 11:05 AM | Reilly         | \$202.00 | \$161.60  | \$101.00 |
| Sr. Aqua Aerobics <i>Deep</i> | F    | 8:20 – 9:20 AM   | Singer         | \$105.00 | \$84.00   | \$52.50  |
| Swim 101                      | F    | 12:45 – 1:30 PM  | Walsh          | \$78.00  | \$62.40   | \$39.00  |

**Independent Lap Pool Use (Select 1-5 times/wk)**

| Class    | Days  | Time            | Fee            | 20%      | Fee            | 20%      |
|----------|-------|-----------------|----------------|----------|----------------|----------|
| Swim Fit | MW    | 5:45 – 7:45 AM  | 1x/wk \$102.00 | \$81.60  | 4x/wk \$407.00 | \$325.60 |
| Swim Fit | MWF   | 9:30 – 11:30 AM | 2x/wk \$203.00 | \$162.40 | 5x/wk \$508.00 | \$406.40 |
| Swim Fit | MWFSS | 2:30 – 4:30 PM  | 3x/wk \$305.00 | \$244.00 |                |          |
| Swim Fit | MTWR  | 8:30 – 9:30 PM  |                |          |                |          |
| Swim Fit | TR    | 1:45 – 2:45 PM  |                |          |                |          |

**Swim Lessons/Stroke Filming***Physician Authorization and pre-participation screening are required for Swim Lessons.***Private Swim Lessons**

Individual sessions are available to persons of all swimming levels (beginner to elite). Instructors can help refine your stroke, increase your speed, and improve your efficiency. Call 265-8350 for times.

**Private Swim Lesson Fees:**1 lesson = \$30; 3 lessons = \$69;  
6 lessons = \$132; 9 lessons = \$180  
*\*Fee discounts not applicable***Swim Stroke Filming** *Physician Authorization and pre-participation screening NOT required.*Have your swim stroke filmed from both above water and underwater perspectives. You will receive a DVD copy.  
Fee: \$180; additional strokes: \$20 each.\* Discount fees apply to  
Members of

- Unity Health Plans
- Group Health Cooperative (GHC)

Employees of

- Businesses in the University Research Park
- UW Hospital & Clinics, UW Medical Foundation, or UW Medical School

*Registrants may need to provide member number, employee number, or other proof of employment to receive discount.*See other side for **Warm Water Pool** classes!

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Open Registration (Anyone)

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| Class                               | Days | Time             | Instructor    | Fee      | Discount* | Member   |
|-------------------------------------|------|------------------|---------------|----------|-----------|----------|
| Ai Chi                              | T    | 6:35 – 7:20 PM   | Severson      | \$78.00  | \$62.40   | \$39.00  |
| Aqua Balance                        | TR   | 12:00 – 12:55 PM | Reilly/Wise   | \$185.00 | \$148.00  | \$92.50  |
| Aqua Strength and Flexibility       | TR   | 9:00 – 10:00 AM  | Reilly        | \$202.00 | \$161.60  | \$101.00 |
| Aqua Strength and Flexibility       | MW   | 5:25 – 6:25 PM   | Reilly/Odgren | \$202.00 | \$161.60  | \$101.00 |
| Aqua Strength and Flexibility       | Sat  | 9:20 – 10:20 AM  | Bodendein     | \$105.00 | \$84.00   | \$52.50  |
| Aqua Yoga <i>13 wk: starts 9/17</i> | R    | 6:35 – 7:20 PM   | Foss          | \$68.00  | \$54.40   | \$34.00  |
| Aquatic Core Training               | TR   | 7:25 – 8:25 PM   | Stevens       | \$202.00 | \$161.60  | \$101.00 |
| Arthritis Plus                      | MW   | 10:30 – 11:30 AM | McClain       | \$202.00 | \$161.60  | \$101.00 |
| Arthritis Plus                      | TR   | 1:00 – 2:00 PM   | McClain/Wise  | \$202.00 | \$161.60  | \$101.00 |

**Independent Warm Water Pool Use** (Select 1-5 times/wk)

| Going Solo | Days | Time             | Fee            | 20%      | Fee            | 20%      |
|------------|------|------------------|----------------|----------|----------------|----------|
| Going Solo | MWF  | 5:45 – 6:45 AM   |                |          |                |          |
| Going Solo | MWF  | 8:00 – 9:00 AM   |                |          |                |          |
| Going Solo | TR   | 10:00 – 11:00 AM | 1x/wk \$102.00 | \$81.60  | 4x/wk \$407.00 | \$325.60 |
| Going Solo | MW   | 2:00 – 3:00 PM   | 2x/wk \$203.00 | \$162.40 | 5x/wk \$508.00 | \$406.40 |
| Going Solo | TR   | 5:30 – 6:30 PM   | 3x/wk \$305.00 | \$244.00 |                |          |
| Going Solo | MTWR | 8:30 – 9:30 PM   |                |          |                |          |
| Going Solo | Sat  | 11:30 – 12:30 PM |                |          |                |          |
| Going Solo | Sun  | 2:00 – 3:00 PM   |                |          |                |          |

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