

AQUATICS

CLASS SCHEDULE

Class	Dates	Days	Time	Member Price	Non-member Price
Beginning Swim	Session 1 1/22-2/28	Tuesday & Thursday	5:15PM – 6:00PM	free – must sign up	must be member
Beginning Swim	Session 2 3/18-5/1	Tuesday & Thursday	5:15PM – 6:00PM	free – must sign up	must be member
Intermediate Swim	Session 1 1/22-2/28	Tuesday & Thursday	6:00PM – 7:00PM	free – must sign up	must be member
Intermediate Swim	Session 2 3/18-5/1	Tuesday & Thursday	6:00PM – 7:00PM	free – must sign up	must be member
Fitness Swimming	Session 1 1/21-2/27	Monday & Wednesday	5:00PM – 6:00PM	free – must sign up	must be member
Fitness Swimming	Session 2 3/17-4/30	Monday & Wednesday	5:00PM – 6:00PM	free – must sign up	must be member
Triathlon Training	Session 1 1/21-2/27	Monday & Wednesday	6:00PM – 7:30PM	free – must sign up	must be member
Triathlon Training	Session 2 3/17-4/30	Monday & Wednesday	6:00PM – 7:30PM	free – must sign up	must be member
Water Yoga	1/16-5/14	Wednesday	12:00PM – 12:45PM	free – just show up	must be member
Shallow Water Workout	1/14-5/12	Monday	4:15PM – 5:00PM	free – just show up	must be member
Aqua Jogging	1/15-5/15	Tuesday	12:00PM – 12:45 PM	free – just show up	must be member
SCUBA	1/24-2/26	Thursday (Tues 2/26)	6:30PM – 10:00PM	\$300 (see description)	\$360 (see description)
SCUBA	3/13-4/24	Thursday	6:30PM – 10:00 PM	\$300 (see description)	\$360 (see description)
Masters	1/8-5/15	Monday-Thursday	M,T,W,Th 7:00PM – 8:15PM T,Th 6:05AM – 7:20AM	\$75	\$125

CLASS DESCRIPTIONS

Beginning Swim

This class is for the beginner swimmer who wants to learn the basics of swimming and gain comfort in the water. No prior swimming experience necessary.

Intermediate Swim

For the intermediate swimmer who knows how to swim, but wants to learn efficiency and improve his/her technique. Participants must be able to swim at least 50 yards freestyle or have completed Beginning Swim to participate.

Fitness Swimming

This class is designed to help participants get back into shape through structured workouts provided by the on-deck coach. Students will learn the basics of interval training, using a pace clock, and flip turns. Must be able to swim 200 yards or have completed Intermediate Swim to participate.

Masters

Swim year round with a group of motivated adults. Practices are designed to get swimmers into great cardiovascular condition. Join to have fun, to get into shape, or to train for a triathlon or any other competition. All swimmers are encouraged to participate in New England Masters Swim Meets, but it is not a requirement. Must be able to swim 500 yards, or have completed Fitness Swim to participate.

Triathlon Training

Triathlon training is designed to teach people competitive swimming, biking, and running. It also teaches how to incorporate all three sports into one plan for triathlon competition. Specific triathlon skills taught include: pack swimming/drafting, swim starts, buoy turns, transitions, running after the bike, etc.

Springboard Diving

Students will learn the basics of diving from both the side of the deck and the one meter board. Skills will include: approach, basic hurdle, and basic forward dives. Participants must be able to swim length of dive well to participate.

Scuba

Take a plunge and explore the unknown! The course consists of six combined pool and classroom sessions. To complete certification, students must also do open water dives, which will be arranged through the instructor. See our website for more information. \$325 covers books and equipment (not due at sign up). \$60 facility fee for non-members due at sign up. See website for payment schedule.

Aqua Jogging

Love to run, but your joints don't? Come join our low-impact, high-resistant water jogging class. Stretching, interval training, and strength building will be some of the techniques used in this highly innovative class. Jogging belts will be provided. Comfort in deep water a must. No sign up required.

Shallow Water Workout

This is a low-impact, high cardio class designed to challenge. Combining a resistance training and cardio workout, your body will tone up in no time. This class is for any skill level and will be conducted in the shallow water. No sign up required.

Water Yoga

Two disciplines unite with yoga in the water. This Hatha Vinyasa formatted class combines the benefits of a continuous series of postures that are linked together with fluid connecting movements (vinyasa), and the added stability of water. A great workout and stress reliever in one class! Entire class in shallow water. No sign up required.

NEW Introductory Aquatic Workshops

Please see the instructional section in the brochure for introductory aquatic programming.

Youth Classes

Please pick up a youth flyer or visit our website for all youth programming. Classes include: Parent Tot, Levels 1-4, Swim Club, Diving, Tennis, and Karate.

REGISTRATION & CONTACT INFORMATION

For all the classes listed on this page, go to the Membership Office to sign up and pay (if required). If no sign up is required, then just show up at the start time to participate. Questions? E-mail plexpool@bc.edu.

AMERICAN RED CROSS

CLASS SCHEDULE

Class	Date	Days	Time	Member Price	Non-member Price
CPR PR	1/26	Saturday	10:00AM – 6:00PM	\$50	\$80
CPR PR	3/30	Sunday	11:00AM – 7:00PM	\$50	\$80
First Aid	2/17	Sunday	10:00AM – 2:00PM	\$30	\$50
First Aid	4/19	Saturday	10:00AM – 2:00PM	\$30	\$50
Lifeguard Review	3/14 - 3/16	Friday, Saturday & Sunday	Fri. 6:30PM – 10:00PM, Sat. & Sun. 10:00AM – 6:00PM	\$75	\$125
Lifeguard Review	4/11-4/13	Friday, Saturday & Sunday	Fri. 6:30PM- 10:00PM, Sat & Sun. 10:00AM - 6:00PM	\$75	\$125
Lifeguard Training	2/12-4/22	Tuesday	6:30PM – 10:00PM	\$100	\$210
Lifeguard Training	3/28-3/30 and 4/4-4/6	Saturday & Sunday Monday – Thursday	10:00AM – 5:45PM 5:00PM – 8:45PM	\$100	\$210
Lifeguard Training	4/18-4/20 and 4/25-4/27	Saturday & Sunday Monday – Thursday	10:00AM – 5:45PM 5:00PM – 8:45PM	\$100	\$210
Water Safety Instructor (WSI)	2/6-4/23	Wednesday	6:30PM – 10:00PM	\$120	\$210

CPR PR (for) Professional Rescuer

This course trains professional rescuers (those with a duty to act and provide care) in the skills necessary to respond appropriately to breathing and cardiac emergencies. Includes AED certification (automated external defibrillator).

the skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over. This course does not include information on breathing or cardiac emergencies.

aquatic emergencies. Upon successful completion of the course, each student will receive: Lifeguard Training, First Aid, CPR PR and AED certifications. See website for pretest.

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First Aid

This course trains individuals in

Lifeguard Training

This class teaches lifeguard candidates the skills and knowledge needed to prevent and respond to

Lifeguard Training Review

The purpose of this course is to help participants achieve recertification in Lifeguard Training without having to take the full content course. Proof of valid certification is required for

Water Safety Instructor

Water Safety Instruction is an advanced swimming course designed for those who wish to become American Red Cross Swim Instructors. Upon successful completion of

REGISTRATION

For all Red Cross Classes, go to the Membership Office to sign up and pay. Questions? E-mail plexpool@bc.edu.

GROUP FITNESS

CLASSES OFFERED

Cardiovascular

- Group Cycle
- Cardio Kickboxing Cross Training
- Bootcamp
- Cardio Cuts
- Core Board
- Cyasana
- Step Circuit
- Zumba Interval Dance Based
- Belly Dance Core Conditioning
- Zumba

Strength Training

- Ballet Body
- Pilates Mat
- Power Pump
- TBC (Total Body Conditioning)

Yoga

- Ashtanga Yoga

- Hatha Yoga
- Iyengar Yoga
- Kripalu Yoga

Water Fitness

- Aqua Jogging
- Liquid Lunch
- Water Yoga

CLASS SCHEDULE

(70+ classes/week)

Times: 7:15AM, 7:30AM, 12:00PM, 12:15PM, 12:45PM, 1:00PM, 4:00PM, 4:30PM, 5:30PM, 6:30PM, 7:30PM, 8:30PM

*Visit the Group Fitness section of our website, www.bc.edu/plex, for exact schedule as well as class descriptions. Times noted are not for all days.

COST

All classes are FREE for Members

REGISTRATION

Those wanting to attend cycle classes must sign up at the Equipment Desk prior to the class. No other sign ups required. Just show up at the time and location indicated. Classes are limited to room capacity.

EMPLOYMENT

The Group Fitness Program will be auditioning new instructors this spring for the Fall 2008 schedule. Contact our Group Fitness Supervisor for details on certification requirements and experience needed.

AFAA Primary Group Exercise Certification

This one day program (Friday February 8) reviews AFAA's Basic Exercise Standards and Guidelines, anatomy, exercise science, exercise evaluation, and exam criteria. The day concludes with the practical and written exams. Purchase of study materials and self study prior to program required. For more information, time, costs, and to register, visit www.afaa.com.

CONTACT INFORMATION

For additional questions about our Group Fitness Program, please contact our Group Fitness Supervisor **Angelica Vlahos**, at tinioa@bc.edu.