

PROGRAM DESCRIPTIONS

ACTIVE DUTY UNIT RESERVATIONS:

Active Duty units may reserve the pool for required military training. Reservations are first come, first served and subject to staff availability. Limits on repetition and duration of reservations may apply. For more information, including the reservation memorandum and template, please see the Gaffney Fitness Center front desk staff or email FortMeadeAquatics@gmail.com.

ACTIVE DUTY LAP SWIM:

Active Duty Lap Swim is for individual swimmers. No PT groups or PT tests will be allowed. Those wishing to schedule a PT group or PT test, please see the front desk or email FortMeadeAquatics@gmail.com for unit reservation information. The lifeguard on deck reserves the right to determine if any non-lap swimming activity will be permitted.

H2O HIIT:

High Intensity Interval Training has come to the pool! H2O HIIT class combines cardio, strength and agility training with the all around resistance of water. You set the pace and intensity. You set your water depth. We provide the motivation. This low/no impact workout is suitable for all levels. Beginners welcome!

H2O HIIT: SWIMMING TECHNIQUE CLINICS

BASICS:

Have you wanted to learn how to swim, but aren't sure where to start? Have you wanted to experience the benefits of water fitness classes, but don't feel comfortable in the water? This 30 minute, drop-in clinic is designed for you. The Basics Clinic focuses on balance, breath control, and confidence in the water.

SWIM & STRENGTH:

Swimming and High Intensity Interval Training combine for this unique class. Each session will focus on swim stroke development with water fitness exercise intervals mixed in to get your heart pumping. If you are looking to improve your swimming plus get a calorie burning boost, this class is for you! **The ability to put your face in the water is required for this class.**

DRILLS:

Are you a fitness swimmer who wants to add new strokes to your arsenal? Do you want to learn to turn more efficiently? Would you like to learn new drills to add to your workout? Stroke & Turn Clinic is packed with drills designed to help you achieve your fitness swimming goals.

Gaffney Indoor Pool is closed outside of the programming listed on the monthly calendar.

All H2O HIIT programming is priced at \$5 (or 1 punch) per class session.

All H2O HIIT programming is open to all eligible patrons age 18+.

Programming does not run on federal or training holidays.

Towels, goggles, shower shoes & swimwear are NOT provided. Please plan accordingly.