

EXERCISE CLASS WATER SPACE

will generally be the following:

Mon—Sat Mornings

Classes will be held in the main indoor pool on the west 3 lanes. This leaves 1 water walking and 2 lap lanes. Summer season—the M-W-F 9:30 class will use the 4 north lanes of the main outdoor pool.

Evenings

Mon thru Thurs classes will be held in 2-3 west lanes (based on available water space) and part of the time in the deep end.

Tue/Thurs class: This class was started with the understanding that other long established programs also must be accommodated. These include diving practice & lifeguard training. The class will generally use the same space as the Mon/Wed class but on occasion may use the slide pool or outdoor pool.

Water Exercise Space

Exceptions

NOTE: Some exceptions need to be made to accommodate special events such as swim meets or in the event of maintenance or inclement weather. Your instructor will remind you of special events that affect the class. We also post signs in advance on the entry doors.



1600 Highway 88
Minden, NV 89423
phone: 775.782.8840
www.cvswim.com

Carson Valley Swim Center

1600 Hwy 88 Minden, Nevada
775.782.8840 www.cvswim.com



Water Exercise Classes



Join the fun!
Classes
available 7
days a week



www.cvswim.com or
775.782.8840

Class Information

Water Aerobics

Our water aerobics classes are led by trained professionals. Patrons of all abilities & ages are welcome and encouraged to work at their own pace. Each one hour session is lively, fun and full of a variety of exercises,.

Adult Swim Fit Class

This class generally runs during the outdoor pool season. Please see a current flyer for exact dates.

This program is taught by the Carson Valley Swim Center Director Kirk Chiapella. This class is for the serious fitness swimmer. Participants must be able to swim 400 yds at a steady pace without stopping. Those not at this skill level should attend our adult lesson program.

Class Times & Instructors

SEE BACK PAGE FOR WATER SPACE

Mon & Fri 9:30—10:30 am
Tues & Thurs 8:30—9:30 am
Instructor: Jan Lindsey

Tues 9:30—10:30 am
Instructor: Mirjam Elsasser

Wed & Thurs 9:30—10:30 am
Instructor: Sarah Davenport

Mon & Wed 6—7 pm
Instructor: Candace Weissinger

Tues & Thurs 6—7 pm
Instructor: Lindsey Sanders

Saturday
9—10 am
Instructor: Lindsey Sanders

Sunday
9—10 am
Instructor: Mirjam Elsasser

Fees

Drop In & Non Resident:
Adult \$4 Senior \$3
Or \$1 can be added to swim pass admission

Discount passes available
Please see our program brochure or web page www.cvs swim.com for pass prices

NOTE: 30 Day, 90 Day, & Year passes include public swim

Please remember to take all personal belongings out of the dressing room and hang on the racks provided on the deck. Also be courteous to lap swimmers when entering the pool. The lane by the stairs is available prior to class.