

Cub Run Rec Center

Spring 2024

Water Aerobics & Swim Schedule

703-817-9407
4630 Stonecroft Blvd
Chantilly, VA 20151

Class registration information below

Monday	Tuesday	Wednesday	Thursday	Friday
	ARTHRITIS WATER EX* 9:00-9:55am Peggy		ARTHRITIS WATER EX* 9:00-9:55am Peggy	
	DEEP-WATER EX* 10:00-10:55am Peggy	Aerobic Water Ex* 10:00-10:55am Peggy	DEEP-WATER EX** 10:00-10:55am Peggy	
Shallow Water Walking*+ 11-11:55am Michelle (no class April 1 or April 8)		Shallow Water Walking*+ 11-11:55am Michelle		

*ParkTakes registration, AquaFlex Pass holders, or Aquatic Drop-In rate admission
+drop in for membership pass this class only

Drop-In Rates:
Fairfax County Resident - \$13.50
Non-County Resident - \$16.50



Class Descriptions

- **Arthritis Water Exercise:** Shallow water exercises using water's buoyancy and resistance helps improve your overall range of motion, joint mobility, and muscle strength. While this class is designed for students with arthritis, it is open to those who have other physical limitations.
- **Deep Water Exercise:** Take the plunge for a no-impact workout. You use a variety of deep-water exercises and running techniques to get the maximum benefit from water's natural resistance.
- **Aerobic Water Exercise:** This shallow-water class provides cardiovascular workout and increases muscle tone, strength and endurance.



Ways to Pay

AquaFlex Pass	10 visits		20 visits		30 visits	
	Non County Fee	Discount Fee for Fairfax County Resident*	Non County Fee	Discount Fee for Fairfax County Resident*	Non County Fee	Discount Fee for Fairfax County Resident*
Teen/Adult (13 yrs. and older)	\$142	\$131	\$267	\$260	\$391	\$387
Senior (age 65 years or older)	\$142	\$85	\$267	\$169	\$391	\$251

Aqua Flex Passes have an expiration date of 4 months from purchase or when all visits have been used, whichever comes first

Daily Drop-in Fee (or pay as you go) – DROP - \$13.50

- Best for the customer with a busy schedule or wanting to sample a new program.

Register for the Class – Best option for those who only attend the same scheduled class or use a scholarship to register for the class.

- Coded water exercise classes are listed in Parktakes and online www.fairfaxcounty.gov/parks/parktakes).
- Registration guarantees a space in the class, but you may only attend the class registered for.
- Check in at the front desk up to 60 minutes prior to the start of the class.
- Missed classes due to illness or personal schedule conflict **will not** be able to be made up. See the refund policy for more information; available at any Rec Center Front Desk or online.
- If the class is cancelled by the facility, site staff will attempt to contact registrants in advance.
- Early registration discount and scholarships will be honored for those meeting the criteria.