



ROSE BOWL AQUATICS CENTER

WATER FITNESS CLASS OPTIONS:

2022

Rec. Pool Classes: (Classes are 55 minutes long)

Aqua Fusion

Friday, 6:35 PM

Aqua HIIT

Monday, 6:35 PM

Aqua Super Setting

Wednesday, 6:35 PM

Aqua Zumba

Sunday, 8:15 AM

Classic Shallow Water Fitness

Thursday, 6:35 PM

Dynamic Deep Water: Monday

Monday, 11:30 AM, 12:35 PM

Dynamic Deep Water: Tuesday

Tuesday, 11:30 AM

Dynamic Deep Water: Wednesday

Wednesday, 11:30 AM, 12:35 PM

Dynamic Deep Water: Thursday

Thursday, 11:30 AM

Dynamic Deep Water: Friday

Friday, 11:30 AM

Movin' Water Shallow: Tuesday

Tuesday, 6:30 AM

Movin' Water Shallow: Friday

Friday, 6:30 AM

Movin' Water Deep: Tuesday

Tuesday, 6:30 AM

Movin' Water Deep: Friday

Friday, 6:30 AM

Shallow Water Move & Groove

Tuesday, 6:35 PM

Strong Deep Burn

Sunday, 9:30 AM

Strong Water Burn

Saturday, 7:30 AM

Arthritis Rec. Pool Classes: (Classes are 55 minutes long)

Arthritis/MS Splash: Monday

Monday, 10:00 AM

Arthritis/MS Splash: Wednesday

Wednesday, 10:00 AM

Arthritis/MS Splash: Friday

Friday, 10:00 AM

Senior Splash Classes: (Classes are 45 minutes long)

Senior Splash: Monday

Monday, 8:00 AM

Senior Splash: Tuesday

Tuesday, 8:00 AM

Senior Splash: Wednesday

Wednesday, 8:00 AM

Senior Splash: Thursday

Thursday, 8:00 AM

Senior Splash: Friday

Friday, 8:00 AM

Therapy Pool Classes: (Classes are 45 minutes long)

Arthritis: Monday

Monday, 8:00 AM, 9:00 AM

Arthritis: Tuesday

Tuesday, 7:10 AM

Arthritis: Wednesday

Wednesday, 8:00 AM, 9:00 AM

Total Body Sculpting

Wednesday, 10:00 AM

Arthritis: Friday

Friday, 8:00 AM, 9:00 AM

Hustle and Muscle

Saturday, 8:00 AM

Arthritis & Beyond

Sunday, 8:10 AM

If you have any questions, please feel free to call us!

Call Center: (626) 564-0330 Ext. 601

NO REFUNDS! Only account credits are issued for early cancellations or cancelled classes.

All dates, times & prices are subject to change

Website: www.rosebowlaquatics.org



ROSE BOWL AQUATICS CENTER

WATER FITNESS PRICING OPTIONS:

2022

Senior Splash Pricing Options: Available to Patrons 55 Years or Older

The pricing options below are only valid for Senior Splash Class Options

Senior Single Session Drop In: \$13

Senior Splash Monthly Pass: \$53

This pass allows you to register for up to 4 classes/week, up to 18 classes per month

Senior Splash Quarterly Pass: \$147

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 3 months

Senior Splash Semi Annual: \$263

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 6 months

Water Fitness Classes Pricing Options:

The pricing options below are only valid for Water Fitness Class Options

Adult (Ages 16-54) Single Session Drop In: \$16

Adult (Ages 16-54) Water Fitness Monthly Pass: \$105

This pass allows you to register for up to 4 classes/week, up to 18 classes per month

Adult (Ages 16-54) Water Fitness Quarterly Pass: \$284

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 3 months

Adult (Ages 16-54) Water Fitness Semi Annual Pass: \$525

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 6 months

Senior (Ages 55 & up) Single Session Drop In: \$13

Senior (Ages 55 & up) Water Fitness Monthly Pass: \$95

This pass allows you to register for up to 4 classes/week, up to 18 classes per month

Senior (Ages 55 & up) Water Fitness Quarterly Pass: \$263

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 3 months

Senior (Ages 55 & up) Water Fitness Semi Annual Pass: \$473

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 6 months

FAQs

1. The new registration platform allows:

- The flexibility to register for individual classes
- The ability to cancel a class (2 hours before the class start time)
- The option to "Drop In" a class when space is available
- The incentive of receiving discounted classes when passes are purchased versus paying the drop in fee

EXAMPLE – If a patron takes 3 classes per week

	Daily	Monthly	Cost Per Class	Quarterly	Cost Per Class	Semi-Annual	Cost Per Class
Adult	\$16	\$105	\$8.75	\$284	\$7.88	\$525	\$7.29
Senior	\$13	\$95	\$7.91	\$263	\$7.30	\$473	\$6.56
Senior Splash	\$13	\$53	\$4.41	\$147	\$4.08	\$263	\$3.65

2. The Senior Splash passes include a special discount. For that reason, they can only be used towards registering for Senior Splash classes.

3. Adult and Senior Water Fitness passes can be used towards classes in the Recreation Pool and the Therapy Pool (excluding the Senior Splash classes)

4. Your pass becomes active once you register for your first class, not the date you purchased your pass