

Aqua jogging is an exercise that practically anyone can take part in, but it is especially useful if you are a runner. The buoyancy of the water spares the knees, ankles, back and hips from the jarring and pounding your body experiences during normal running, which allows you to add extra time running without the negative effects of the impact of the road.

Aqua Zumba Splash your way into shape with an invigorating low-impact aquatic exercise.

SUP Stand up paddle surfing and stand up paddle boarding (SUP), (Hoe he'e nalu in the Hawaiian language) are sports originating in Hawaii as an off-shoot of surfing. They enable surfers to paddle farther into the ocean than is typical or to paddle standing up as a sport unto itself. We paddle board to work core, legs and upper body, while having fun.

SUP Yoga is a variation of stand up paddle surfing (SUP), combined with yoga, which originated in Rishikesh, India. The sport combines hatha yoga and vinyasa yoga asanas, or poses, with surfing.

Warm Water Class exercise program has shown to reduce pain and improve overall health. Suitable for every fitness level, the classes are held in a friendly and supportive environment that encourages social interaction among participants.

WATER POLO just join in and play a game or two of WATERPOLO. FUN&Easy!

Triathlon Training are swim session by coach Joel. He is working with Athletes on different levels.

Water aerobics, also called aqua aerobics, use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity.

Life guarding is interactive training which will keep you engaged with real-life scenarios to develop and test your critical thinking and decision-making skills, and it offers advice and lessons learned from a team of lifeguards.

Baby Swim always putting safety first, we emphasize competence, which leads to confidence, and provides the foundation for a lifetime of enjoyment in and around the water.

Swim lessons Private or group ... Swimming involves all of your major muscle groups, strengthens your heart. Get in the swim today and let us help you.

Healthy Water Motion Water exercise has shown to reduce pain and improve overall health. In this class we work your whole body.