

# RiverPlex / AquaPlex

600 NE Water Street • 282-1700

## AT A GLANCE...

### Supervisor

Sue Wheeler, [swheeler@peoriaparks.org](mailto:swheeler@peoriaparks.org)

### Admission

Admission for non-members:  
 Child 2 & under Free  
*when accompanied by a paid adult*  
 Child (3-12 years) \$5  
 Adult (13-61 years) \$7  
 Senior (62 & up) \$5  
 Spectator \$2

Groups of 15 or more may qualify for **special group rates**. Call 282-1531 to make reservations.

### Splash Pool/Open Swim Hours

Enjoy our 2 story waterslide, lazy river, splash equipment, and zero-depth pool.

M-F 5:00-8:00 pm  
 Sa & Su 12:00-7:00 pm

### Spring Break Swim Schedule

When school is out, the AquaPlex will have additional open swim hours:  
 4/2 & 4/5-9 12:00-8:00 pm

### Lap Pool/Hours

Swim laps in our 25-yard pool or relax in the whirlpool overlooking the river! Lap Swim punch cards good for 10 admissions may be purchased for \$50.

M-Th 5:00 am-8:00 pm  
 \*Adults Only, M-F 8:00-10:00 pm  
 Sa & Su 7:00 am-7:00 pm  
 \*Ages 17+ only please

### \*OF SPECIAL NOTE:

- Children 10 years and younger must be accompanied by a parent/guardian outside of open swim hours.
- During open hours, children 7 and under must be accompanied by a parent/guardian (17+) in the pool area. Children 5 and under must be accompanied by an adult in the water.
- The whirlpool is for ages 17 & up
- We reserve the right to use 2 lanes of the lap pool during swim lessons at the following times: Wed, 2:30-4:00 pm; Tu & Th, 6:00-7:45 pm; Sa, 9:00-11:15 am

### Brownies/Girl Scouts or Cub Scouts/Boy Scouts

Bring your troop in for an afternoon of fun at a special rate of \$3/child. For an additional \$2/child our instructors will help your troop earn their swim badges. Please call 282-1531 for available times.

### Preschool Splash: Ages 1-5

Join us for this parent-child program in the leisure pool. Children enjoy the splash features and play stations with a parent/guardian who swims with them.  
 M-F thru 5/14 10:00-11:30 am  
 Fee-M/R/NR: FREE/\$3/\$3

### AquaPlex Birthday Parties

For details, please see page 85.

### Private Rentals

Held after open hours, your group has exclusive rights to the Aquatic Center! Call 282-1531 for rates.



## SATURDAY, APRIL 3 AT THE AQUAPLEX AGES 3-8

Two Sessions:  
 Code 42068: 9:00-9:45 am  
 Code 42609: 10:00-10:45 am  
 Fee-\$5 members, \$7 others

Forget the lawn—we're hunting for eggs underwater! Please preregister your child prior to the day of the event. For everyone's safety, parents must accompany children ages 3-5 into the pool. No floatation devices allowed.



## Scuba Classes - For information or to register call Do Dive In at 692-7600.

	Ages	Dates	Times	Fee-R/NR	Location
<b>REAL TEAM SCUBA CAMP:</b> Five "Aqua Missions" where kids learn the basic skills of scuba diving. Min/Max: 3/6	8-12	Sa & Su: 2/13-14 OR 3/13-14	9:30am-12:00 pm 9:30am-12:00 pm	\$150/\$175 \$150/\$175	Central Pool Central Pool
<b>OPEN WATER SCUBA CLASS:</b> 20 hours of pool/class instruction that prepares you for certification. Min/Max: 4/8	10+	variety of Sa and Sun classes	mostly 9:30 am-3:30 pm Call for specifics or evening classes	\$150/\$175	Central Pool & Do Dive Inn

# RiverPlex / AquaPlex

600 NE Water Street • 282-1700



## Learn to Swim With Us!

M = Fee RiverPlex Members pay  
R = Fee Park District Residents pay  
NR = Fee Nonresidents pay

### Exploration 1: Ages 6-24 months

This class is for infants and adults to enjoy together in the comfort of the warm water pool. An instructor will lead the group through a series of developmentally appropriate water activities.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41720	Tu, Th:1/12-2/4	6:35-7:05pm	8	\$29/\$33/\$37
41721	Tu, Th:2/9-3/4	6:35-7:05pm	8	\$29/\$33/\$37
41722	Tu, Th:3/9-4/1	6:35-7:05pm	8	\$29/\$33/\$37
41723	Tu, Th:4/6-4/29	6:35-7:05pm	8	\$29/\$33/\$37
41718	Tu, Th:5/4-5/20	6:35-7:05pm	6	\$23/\$25/\$28
41714	Sa:1/16-2/6	10:30-11:00am	4	\$15/\$17/\$19
41715	Sa:2/13-3/6	10:30-11:00am	4	\$15/\$17/\$19
41716	Sa:3/13-4/10	10:30-11:00am	4	\$15/\$17/\$19
41719	Sa:4/17-5/8	10:30-11:00am	4	\$15/\$17/\$19
41717	Sa:5/15-5/22	10:30-11:00am	2	\$8/\$9/\$10

### Exploration 2: Ages 24 months to 3 years

This class is for toddlers and adults to enjoy and learn together in the comfort of the warm water pool. An instructor will lead the adults through different swim exercises and activities to promote independent swimming for the child.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41729	Tu, Th:1/12-2/4	7:10-7:40pm	8	\$29/\$33/\$37
41730	Tu, Th:2/9-3/4	7:10-7:40pm	8	\$29/\$33/\$37
41731	Tu, Th:3/9-4/1	7:10-7:40pm	8	\$29/\$33/\$37
41732	Tu, Th:4/6-4/29	7:10-7:40pm	8	\$29/\$33/\$37
41733	Tu, Th:5/4-5/20	7:10-7:40pm	6	\$23/\$25/\$28
41735	Sa:1/16-2/6	9:10-9:40am	4	\$15/\$17/\$19
41734	Sa:1/16-2/6	9:45-10:25am	4	\$15/\$17/\$19
41736	Sa:2/13-3/6	9:10-9:40am	4	\$15/\$17/\$19
41738	Sa:2/13-3/6	9:45-10:25am	4	\$15/\$17/\$19
41725	Sa:3/13-4/10	9:10-9:40am	4	\$15/\$17/\$19
41724	Sa:3/13-4/10	9:45-10:25am	4	\$15/\$17/\$19
41727	Sa:4/17-5/8	9:10-9:40am	4	\$15/\$17/\$19
41726	Sa:4/17-5/8	9:45-10:25am	4	\$15/\$17/\$19
41728	Sa:5/15-5/22	9:10-9:40am	2	\$8/\$9/\$10

### Voyagers: Age 3

This is an introduction to swimming for toddlers who have attended Exploration 1 and/or Exploration 2 and been promoted into this class. Participants will learn water independence, basic water movement, and floats in the warm water pool. Adults are not required to enter the water with their child. Register early - class fills quickly!

Code	Day-Date	Time	Classes	Fee-M/R/NR
41739	Tu:1/12-2/2	5:30-6:00pm	4	\$17/\$19/\$21
41740	Tu:2/9-3/2	5:30-6:00pm	4	\$17/\$19/\$21
41741	Tu:3/9-3/30	5:30-6:00pm	4	\$17/\$19/\$21
41742	Tu:4/6-4/27	5:30-6:00pm	4	\$17/\$19/\$21
41743	Tu, Th:1/12-2/4	6:35-7:05pm	8	\$31/\$35/\$41
41744	Tu, Th:2/9-3/4	6:35-7:05pm	8	\$31/\$35/\$41
41745	Tu, Th:3/9-4/1	6:35-7:05pm	8	\$31/\$35/\$41
41746	Tu, Th:4/6-4/29	6:35-7:05pm	8	\$31/\$35/\$41
41758	Tu:5/4-5/18	5:30-6:00pm	2	\$12/\$14/\$16
41759	Tu, Th:5/4-5/20	6:35-7:05pm	6	\$24/\$26/\$31
41747	Sa:1/16-2/6	9:45-10:15am	4	\$17/\$19/\$21
41748	Sa:1/16-2/6	10:30-11:00am	4	\$17/\$19/\$21
41749	Sa:2/13-3/6	9:45-10:15am	4	\$17/\$19/\$21
41750	Sa:2/13-3/6	10:30-11:00am	4	\$17/\$19/\$21
41751	Sa:3/13-4/10	9:45-10:15am	4	\$17/\$19/\$21
41752	Sa:3/13-4/10	10:30-11:00am	4	\$17/\$19/\$21
41753	Sa:4/17-5/8	9:45-10:15am	4	\$17/\$19/\$21
41754	Sa:4/17-5/8	10:30-11:00am	4	\$17/\$19/\$21

### Home School Swim Program

Come join us for an exciting time of open swim and swim lessons. Your child will receive a swim lesson appropriate for their ability and age and enjoy splash time with other children in our leisure pool.



Age: 4 - 16 Min/Max: 4-17  
Fee-M/R/NR: \$24/\$26/\$28

Code	Day-Date	Time
41921	W:2/3-2/24	2:30-4:00pm
41922	W:3/3-3/24	2:30-4:00pm
41923	W:4/7-4/28	2:30-4:00pm

## NEW! Pre Journey 1: Ages 4-7

This class is for children who have had NO swimming experience or who may be timid in getting into the water.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41929	Tu, Th:1/12-2/4	5:30-6:00pm	8	\$31/\$35/\$41
41930	Tu, Th:1/12-2/4	6:35-7:05pm	8	\$31/\$35/\$41
41931	Tu, Th:2/9-3/4	5:30-6:00pm	8	\$31/\$35/\$41
41932	Tu, Th:2/9-3/4	6:35-7:05pm	8	\$31/\$35/\$41
41933	Tu, Th:3/9-4/1	5:30-6:00pm	8	\$31/\$35/\$41
41934	Tu, Th:3/9-4/1	6:35-7:05pm	8	\$31/\$35/\$41
41935	Tu, Th:4/6-4/29	5:30-6:00pm	8	\$31/\$35/\$41
41936	Tu, Th:4/6-4/29	6:35-7:05pm	8	\$31/\$35/\$41
41937	Tu, Th:5/4-5/20	5:30-6:00pm	8	\$24/\$26/\$31
41938	Tu, Th:5/4-5/20	6:35-7:05pm	6	\$24/\$26/\$31
41939	Sa:1/16-2/6	9:00-9:40am	4	\$22/\$25/\$29
41940	Sa:2/13-3/6	9:00-9:40am	4	\$22/\$25/\$29
41941	Sa:3/13-4/10	9:00-9:40am	4	\$22/\$25/\$29
41942	Sa:4/17-5/8	9:00-9:40am	4	\$22/\$25/\$29
41943	Sa:5/15-5/22	9:00-9:40am	2	\$12/\$14/\$16

## Journey 1: Ages 4-7

This course is for children who are comfortable in the water and have some water experience. The focus will be on floating, kicking, breathing, and beginner strokes. These courses fill quickly!

Code	Day-Date	Time	Classes	Fee-M/R/NR
41767	Tu, Th:1/12-2/4	6:00-6:30pm	8	\$31/\$35/\$41
41768	Tu, Th:1/12-2/4	7:10-7:40pm	8	\$31/\$35/\$41
41769	Tu, Th:2/9-3/4	6:00-6:30pm	8	\$31/\$35/\$41
41770	Tu, Th:2/9-3/4	7:10-7:40pm	8	\$31/\$35/\$41
41771	Tu, Th:3/9-4/1	6:00-6:30pm	8	\$31/\$35/\$41
41772	Tu, Th:3/9-4/1	7:10-7:40pm	8	\$31/\$35/\$41
41773	Tu, Th:4/6-4/29	6:00-6:30pm	8	\$31/\$35/\$41
41774	Tu, Th:4/6-4/29	7:10-7:40pm	8	\$31/\$35/\$41
41775	Tu, Th:5/4-5/20	6:00-6:30pm	6	\$24/\$26/\$31
41776	Tu, Th:5/4-5/20	7:10-7:40pm	6	\$24/\$26/\$31
41777	Sa:1/16-2/6	9:45-10:25am	4	\$22/\$25/\$29
41778	Sa:1/16-2/6	10:30-11:10am	4	\$22/\$25/\$29
41779	Sa:2/13-3/6	9:45-10:25am	4	\$22/\$25/\$29
41780	Sa:2/13-3/6	10:30-11:10am	4	\$22/\$25/\$29
41781	Sa:3/13-4/10	9:45-10:25am	4	\$22/\$25/\$29
41782	Sa:3/13-4/10	10:30-11:10am	4	\$22/\$25/\$29
41783	Sa:4/17-5/8	9:45-10:25am	4	\$22/\$25/\$29
41784	Sa:4/17-5/8	10:30-11:10am	4	\$22/\$25/\$29
41785	Sa:5/15-5/22	9:45-10:25am	2	\$12/\$14/\$16
41788	Sa:5/15-5/22	10:30-11:10am	2	\$12/\$14/\$16

## Journey 2 : Ages 4-7

Children MUST know how to float, glide and kick, by themselves and have a basic stroke. They will learn freestyle, backstroke, and breaststroke.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41792	Tu, Th:1/12-2/4	6:00-6:30pm	8	\$31/\$35/\$41
41793	Tu, Th:1/12-2/4	6:35-7:05pm	8	\$31/\$35/\$41
41794	Tu, Th:2/9-3/4	6:00-6:30pm	8	\$31/\$35/\$41
41795	Tu, Th:2/9-3/4	6:35-7:05pm	8	\$31/\$35/\$41
41796	Tu, Th:3/9-4/1	6:00-6:30pm	8	\$31/\$35/\$41
41797	Tu, Th:3/9-4/1	6:35-7:05pm	8	\$31/\$35/\$41
41798	Tu, Th:4/6-4/29	6:00-6:30pm	8	\$31/\$35/\$41
41799	Tu, Th:4/6-4/29	6:35-7:05pm	8	\$31/\$35/\$41
41809	Tu, Th:5/4-5/20	6:00-6:30pm	8	\$24/\$26/\$31
41810	Tu, Th:5/4-5/20	6:35-7:05pm	8	\$24/\$26/\$31
41811	Sa:1/16-2/6	9:00-9:40am	4	\$22/\$25/\$29
41800	Sa:1/16-2/6	9:45-10:25am	4	\$22/\$25/\$29
41801	Sa:2/13-3/6	9:00-9:40am	4	\$22/\$25/\$29
41802	Sa:2/13-3/6	9:45-10:25am	4	\$22/\$25/\$29
41803	Sa:3/13-4/10	9:00-9:40am	4	\$22/\$25/\$29
41804	Sa:3/13-4/10	9:45-10:25am	4	\$22/\$25/\$29
41805	Sa:4/17-5/8	9:00-9:40am	4	\$22/\$25/\$29
41806	Sa:4/17-5/8	9:45-10:25am	4	\$22/\$25/\$29
41807	Sa:5/15-5/22	9:00-9:40am	2	\$12/\$14/\$16

## Journey 3 : Ages 4-7

This class will continue development of the skills taught in the previous level. Participants will learn breaststroke, backstroke, as well as build their endurance.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41821	Tu, Th:1/12-2/4	6:00-6:30pm	8	\$31/\$35/\$41
41815	Tu, Th:2/9-3/4	6:00-6:30pm	8	\$31/\$35/\$41
41816	Tu, Th:3/9-4/1	6:00-6:30pm	8	\$31/\$35/\$41
41817	Tu, Th:4/6-4/29	6:00-6:30pm	8	\$31/\$35/\$41
41820	Tu, Th:5/4-5/20	6:00-6:30pm	6	\$24/\$26/\$31
41818	Sa:1/16-2/6	9:00-9:40am	4	\$22/\$25/\$29
41822	Sa:2/13-3/6	9:00-9:40am	4	\$22/\$25/\$29
41819	Sa:3/13-4/10	9:00-9:40am	4	\$22/\$25/\$29
41823	Sa:4/17-5/8	9:00-9:40am	4	\$22/\$25/\$29
41824	Sa:5/15-5/22	9:00-9:40am	2	\$12/\$14/\$16

**YOU DO NOT HAVE TO BE A RIVERPLEX MEMBER TO PARTICIPATE IN SWIM LESSONS**

M = Fee RiverPlex Members pay  
R = Fee Park District Residents pay  
NR = Fee Nonresidents pay

# RiverPlex / AquaPlex

600 NE Water Street • 282-1700

## Discovery 1 : Ages 7-15

This course is for children who have little or no experience in the water. They will learn water adjustment, breathing, floating, kicking, and basic strokes.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41832	Tu, Th:1/12-2/4	6:00-6:30pm	8	\$31/\$35/\$41
41833	Tu, Th:2/9-3/4	6:00-6:30pm	8	\$31/\$35/\$41
41825	Tu, Th:3/9-4/1	6:00-6:30pm	8	\$31/\$35/\$41
41826	Tu, Th:4/6-4/29	6:00-6:30pm	8	\$31/\$35/\$41
41830	Tu, Th:5/4-5/20	6:00-6:30pm	6	\$24/\$26/\$31
41831	Sa:1/16-2/6	10:30-11:10am	4	\$22/\$25/\$29
41827	Sa:2/13-3/6	10:30-11:10am	4	\$22/\$25/\$29
41828	Sa:3/13-4/3	10:30-11:10am	4	\$22/\$25/\$29
41834	Sa:4/17-5/8	10:30-11:10am	4	\$22/\$25/\$29
41829	Sa:5/15-5/22	10:30-11:10am	2	\$12/\$14/\$16

## Discovery 2 : Ages 7-15

Children MUST know how to float, glide, kick, by themselves and have basic stroke knowledge. They will learn freestyle, backstroke, and breaststroke.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41835	Tu, Th:1/12-2/4	6:35-7:05pm	8	\$31/\$35/\$41
41836	Tu, Th:2/9-3/4	6:35-7:05pm	8	\$31/\$35/\$41
41837	Tu, Th:3/9-4/1	6:35-7:05pm	8	\$31/\$35/\$41
41838	Tu, Th:4/6-4/29	6:35-7:05pm	8	\$31/\$35/\$41
41843	Tu, Th:5/4-5/20	6:35-7:05pm	6	\$24/\$26/\$31
41844	Sa:1/16-2/6	10:30-11:10am	4	\$22/\$25/\$29
41839	Sa:2/13-3/6	10:30-11:10am	4	\$22/\$25/\$29
41840	Sa:3/13-4/3	10:30-11:10am	4	\$22/\$25/\$29
41841	Sa:4/17-5/8	10:30-11:10am	4	\$22/\$25/\$29
41842	Sa:5/15-5/22	10:30-11:10am	2	\$12/\$14/\$16

## Discovery 3 : Ages 7-15

Participants should be able to swim one length of the pool and will continue to work on skills from the previous level. Participants will learn breaststroke, backstroke, as well as build their endurance.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41850	Tu, Th:1/12-2/4	5:30-6:00pm	8	\$31/\$35/\$41
41851	Tu, Th:2/9-3/4	5:30-6:00pm	8	\$31/\$35/\$41
41852	Tu, Th:3/9-4/1	5:30-6:00pm	8	\$31/\$35/\$41
41853	Tu, Th:4/6-4/29	5:30-6:00pm	8	\$31/\$35/\$41
41854	Tu, Th:5/4-5/20	6:00-6:30pm	6	\$24/\$26/\$31
41849	Sa:1/16-2/6	9:45-10:25am	4	\$22/\$25/\$29
41845	Sa:2/13-3/6	9:45-10:25am	4	\$22/\$25/\$29
41846	Sa:3/13-4/10	9:45-10:25am	4	\$22/\$25/\$29
41847	Sa:4/17-5/8	9:45-10:25am	4	\$22/\$25/\$29
41848	Sa:5/15-5/22	9:45-10:25am	2	\$12/\$14/\$16

## Challenge Novice : Ages 7-15

This class is for children who know basic freestyle, backstroke, and breaststroke. They will work on development of these strokes, add endurance and begin elementary backstroke, butterfly, and sidestroke.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41855	Tu, Th:1/12-2/4	7:10-7:40pm	8	\$31/\$35/\$41
41862	Tu, Th:2/9-3/4	7:10-7:40pm	8	\$31/\$35/\$41
41856	Tu, Th:3/9-4/1	7:10-7:40pm	8	\$31/\$35/\$41
41857	Tu, Th:4/6-4/29	7:10-7:40pm	8	\$31/\$35/\$41
41860	Sa:1/16-2/6	8:25-9:05am	4	\$22/\$25/\$29
41861	Sa:2/13-3/6	8:25-9:05am	4	\$22/\$25/\$29
41858	Sa:3/13-4/10	8:25-9:05am	4	\$22/\$25/\$29
41859	Sa:4/17-5/8	10:30-11:10am	4	\$22/\$25/\$29

## Challenge Advanced : Ages 7-15

Children know the basic elementary backstroke, butterfly, and sidestroke. Development of these strokes will be emphasized as well as turns, competitive starts, and safety skills.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41865	Tu, Th:1/12-2/4	7:10-7:40pm	8	\$31/\$35/\$41
41872	Tu, Th:2/9-3/4	7:10-7:40pm	8	\$31/\$35/\$41
41866	Tu, Th:3/9-4/1	7:10-7:40pm	8	\$31/\$35/\$41
41867	Tu, Th:4/6-4/29	7:10-7:40pm	8	\$31/\$35/\$41
41870	Sa:1/16-2/6	8:25-9:05am	4	\$22/\$25/\$29
41871	Sa:2/13-3/6	8:25-9:05am	4	\$22/\$25/\$29
41868	Sa:3/13-4/10	8:25-9:05am	4	\$22/\$25/\$29
41869	Sa:4/17-5/8	8:25-9:05am	4	\$22/\$25/\$29

## Challenge Expert : Ages 7-15

The RiverPlex's most advanced level for children. Participants will work on perfecting all strokes as well as improving their endurance.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41875	Tu, Th:1/12-2/4	5:30-6:00pm	8	\$31/\$35/\$41
41876	Tu, Th:2/9-3/4	5:30-6:00pm	8	\$31/\$35/\$41
41879	Tu, Th:3/9-4/1	5:30-6:00pm	8	\$31/\$35/\$41
41880	Tu, Th:4/6-4/29	5:30-6:00pm	8	\$31/\$35/\$41
41874	Sa:1/16-2/6	8:25-9:05am	4	\$22/\$25/\$29
41877	Sa:2/13-3/6	8:25-9:05am	4	\$22/\$25/\$29
41878	Sa:3/13-4/10	8:25-9:05am	4	\$22/\$25/\$29
41873	Sa:4/17-5/8	8:25-9:05am	4	\$22/\$25/\$29

### Adult Learn to Swim Beginner

This class is for adults who are not afraid of the water, but need to learn to basic skills of swimming.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41881	Tu, Th:1/12-2/4	7:10-7:40pm	8	\$31/\$35/\$41
41882	Tu, Th:2/9-3/4	7:10-7:40pm	8	\$31/\$35/\$41
41883	Tu, Th:3/9-4/1	7:10-7:40pm	8	\$31/\$35/\$41
41884	Tu, Th:4/6-4/29	7:10-7:40pm	8	\$31/\$35/\$41
41885	Tu, Th:5/4-5/20	7:10-7:40pm	6	\$22/\$26/\$31

### Adult Learn to Swim-Intermediate

We will work at improving your front and back crawl strokes, endurance levels and add other strokes as desired. You should be able to swim 100 yards on your front and back.

Code	Day-Date	Time	Classes	Fee-M/R/NR
41916	Tu, Th:1/12-2/4	7:45-8:15pm	8	\$31/\$35/\$41
41917	Tu, Th:2/9-3/4	7:45-8:15pm	8	\$31/\$35/\$41
41918	Tu, Th:3/9-4/1	7:45-8:15pm	8	\$31/\$35/\$41
41919	Tu, Th:4/6-4/29	7:45-8:15pm	8	\$31/\$35/\$41
41920	Tu, Th:5/4-5/20	7:45-8:15pm	6	\$22/\$26/\$31

### Swim for Fitness-Low Impact

This class is designed to help you become a better swimmer. Our instructor will help you to improve your endurance by planning a specialized workout for you. You must be able to swim 150 yards of freestyle.

Code	Day-Date	Time	Classes	Fee-M/R/NR
42070	Sa:1/16-2/6	7:30-8:30am	4	\$10/\$20/\$30
42071	Sa:2/13-3/6	7:30-8:30am	4	\$10/\$20/\$30
42072	Sa:3/13-4/3	7:30-8:30am	4	\$10/\$20/\$30
42073	Sa:4/10-5/1	7:30-8:30am	4	\$10/\$20/\$30

### Terrified of Water

This adult learn to swim is taught in the class section of the lap pool in a small group setting. The instructor will help you to deal with any fears that you may have about the water environment, while teaching you basic swimming skills, such as front and back floats and freestyle stroke.

Code	Day-Date	Time	Classes	Fee-M/R/NR
42074	Tu:1/12-2/2	7:45-8:15pm	4	\$17/\$19/\$23
42075	Tu:2/9-3/2	7:45-8:15pm	4	\$17/\$19/\$23
42076	Tu:3/9-3/30	7:45-8:15pm	4	\$17/\$19/\$23
42077	Tu:4/6-4/27	7:45-8:15pm	4	\$17/\$19/\$23

**YOU DO NOT HAVE TO BE A RIVERPLEX MEMBER TO PARTICIPATE IN SWIM LESSONS**

**Swim lessons are also offered at Central Park Pool...see pgs. 18-19.**

M = Fee RiverPlex Members pay  
R = Fee Park District Residents pay  
NR = Fee Nonresidents pay

## Water Aerobics

All classes are free to members. Non-members may purchase a 10 pass punch-card for \$50.00. Please pick up a water aerobic schedule at the RiverPlex or at [www.peoriaparks.org](http://www.peoriaparks.org).

**Senior Fit:** A great class set to upbeat music for the mature aerobics fan. Held in the warm water therapy pool, this class is great for those who want strengthening, additional flexibility, and those with joint problems.

**OSF Arthritis:** Come join us for a workout in the warm water that will improve your joint range of motion and strength. Classes offered mornings, afternoons and evenings with easy entrance into the pool. A Physician Consent form is required. Call 282-1605 to register.

**OSF Multiple Sclerosis:** Focus on stretching, joint range of motion, muscle strengthening, balance and coordination in a positive social setting. A Physician Consent form is required. Call 282-1605 to register.

**Tummies and Thighs:** This class is designed to work your abs and your thighs (plus your legs and lower back).

**Run the Rapids:** This class will give you the benefits of running without all the stress on your body. Water shoes are recommended.

**Ai Chi:** An end of the week breather! Relax and get a great workout while our instructors lead you through a series of controlled movements and breathing techniques set to serene music.

**High/Low:** A great overall workout and conditioning class that includes a warm-up, cardio and strengthening and cool down.

