

## SOLON RECREATION SUMMER 2022 WATER EXERCISE SCHEDULE

SUMMER SCHEDULE BEGINS JUNE 4TH  
No Sunday Class 6/13, 7/11

The Solon Recreation Department will offer classes at both the Solon Community Center Indoor Pool, Solon Community Center Outdoor Pool and the Solon Municipal Pool through September. **The schedule will change once the Municipal Pool closes on September 29.** Classes are Open to Solon Community Center Members that have purchased a water exercise pass, Silver Sneaker, Renew Active/Optum and Silver & Fit Members. The days, times and locations are below



CLASS	DAY	TIME	LOCATION	INSTRUCTOR
River Run	Monday	12pm – 12:45pm	SCC Indoor Pool	Paula F.
Aqua Athletics	Tuesday	9:30am - 10:15am	Solon Municipal Pool	Malcolm G. .
Silver Splash	Tuesday	12:00pm - 12:45pm	SCC Indoor Pool	Paula F.
Water Exercise	Wednesday	10:00am - 10:45am	SCC Indoor Pool	Marian J.
Aqua Athletics	Thursday	9:30am - 10:15am	Solon Municipal Pool	Malcolm G.
Silver Splash	Thursday	12:00pm - 12:45pm	SCC Indoor Pool	Paula F.
Water Exercise	Friday	8:45a – 9:30am	SCC Outdoor Pool	.
Water Exercise	Friday	10:00am - 10:45am	SCC Indoor Pool	Marian J.
Water Exercise	Sunday	12:00pm - 12:45pm	Solon Municipal Pool	Staff Rotate

The Tuesday and Thursday 12pm classes are designated as Silver Splash classes. The participants that have a membership through their healthcare provider will not need their water exercise pass.

### INSTRUCTOR SPOTLIGHT:

**Paula Flauto:** Paula started teaching for Solon in May of 2019. She describes her class as a 45 minute water workout that combines cardio, strength and stretch. Using water weights and noodles. Participants will move through the water for a fun, full body workout.

**Marian Jacobs:** Marian started teaching for Solon September of 2019. She describes her class as a variety of dance / aquatic fitness and non weight bearing exercises combined with water resistance equipment and music to yield improved strength, flexibility and cardio capacity.

**Debbi Berardi:** Debbi has worked in Aquatics for Solon Recreation for over 30 years. She recently decided to start helping teach. She describes her class as a workout that combines cardio, strength core and stretch.

**Jenn Herman:** Jenn works is an Activity Coordinator for the Solon Senior Center and has been teaching Water Exercise for Solon since September of 2021. Jenn enjoys the opportunity to teach a water class. She likes to be able to meet people from the community that she may not run into at the Senior Center. Jenns class works cardio, balance and flexibility.

**Malcolm Golias:** Malcolm attends the University of Mount Union and is majoring in Exercise Science. He has been teaching at the Solon Municipal Pool and enjoys working with the class.

We will have a lifeguard checking in class participants. we ask that you have your passes ready

### WATER EXERCISE PASS PRICES

Senior / Member

10 Classes	\$15	\$30
15 Classes	\$22.50	\$45
20 Classes	\$30	\$60

Needed for all Aqua Exercise Classes except the Tuesday and Thursday 12pm Classes.

SINGI F CLASS TRIAL RATE IS \$5 PFR PFRSON

FOR MORE INFORMATION, PLEASE CONTACT

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