



A TRADITION OF EXCELLENCE

Over twenty-five years ago a dream was realized when the Emmaus Aquatic Club opened its doors. A swim team was founded, a lesson program joined in, and diving instructions were given. Ten years ago, continuing its forward movement, EMAC developed an aquatic exercise program to meet the needs of its members. We offer several classes per week and you may choose to participate in any number of those classes each week. Our schedule is modified to meet the demands of our adult membership.

In order to participate in the Aquatic Exercise Program, you must first be an EMAC Member. In addition to being an EMAC member, you must then pay a minimal charge for classes:

1 month	\$30.00
Winter	\$110.00 (8.5 months)
Annual	\$140.00 (12 months)

A "Summer Only" aquatic exercise membership is available at \$145 for classes during the months of June, July & August. This "Summer Only" option does not include any other pool privileges. A "Summer Only" member is responsible for a one-time facility fee of \$40.

Once again! Punch card for \$155 allows participant to enjoy 25 classes within a 3-month period during the Bubble Up season. One time \$40 facility fee.

For further information regarding the Aquatic Exercise Program please call the EMAC office. All class fees are to be paid in full by check or credit card.

Aquatic Exercise Classes

Classes are usually set to music and are suitable for all swimming levels. Check with the staff to determine the appropriate class for you. A specific monthly calendar is always posted.

SHALLOW WATER CLASSES:

Aqua Generations: One diverse class for all! Learn to adjust the intensity level of this class to fit your individual needs. Emphasis is placed on cardio respiratory conditioning, muscular strength and endurance, flexibility, along with socialization. Incorporates some water walking, jogging, aerobic conditioning, and all the basic moves specific to shallow water exercise. All swimming levels welcome.

Class length - 55-60 minutes.

Introductory Class: Optional class developed for the person who simply wants or needs a slower pace. Lots of socialization, stretching and easy walking. Specific muscle work for strength, endurance, and flexibility training. Great for individuals who have arthritis, vascular disease, post-rehab needs or impaired knees or hips. (Must have at least 4 participants to offer the class.)

Class length - 45 minutes.

DEEP WATER CLASSES:

This is the ultimate, no-impact workout held in deep water. Buoyancy belts provide flotation while allowing free movement of arms and legs. Get your aerobic, muscle conditioning, and flexibility workout in this class. Recommendation: To participate comfortably in this class, participants should be able to support themselves in the water and be able to get to the side of the pool should the flotation belt become detached.

Deep Water Running — 60 minutes

Deep Water Walking — 45 minutes

A Buoyancy Belt is required for these classes. Please be prepared to purchase your own belt. They range in price from \$22-\$65. (EMAC has several styles for you to try prior to purchasing your own.)

AGAIN THIS SEASON!!!!!!

Aqua shoes are going to be a requirement for all those participating in shallow water classes. They offer protection from the pool bottom, traction when working out, and should be suitable to wear from the locker room to the pool deck.

EMAC reserves the right to cancel classes due to minimal attendance; classes with an average of 4 or less will be reviewed and eliminated.

WELCOME TO THE EMMAUS AQUATIC CLUB AQUATIC EXERCISE PROGRAM

EMAC is a non-profit club that offers all levels of swimming instruction and training. Many of the Lehigh Valley's present and past high school and college swimmers are products of the EMAC program. Swimming encourages:

- * **Life long fitness**
- * **An understanding of a healthy mind as well as a healthy body**
- * **Self confidence**
- * **Goal setting skills**
- * **High self-esteem**
- * **PLUS...**

Swimming is a healthy, non-weight bearing sport that provides advanced cardiovascular fitness.

The pool is conveniently located in Lower Macungie Township, just minutes from Allentown, Emmaus, Macungie and surrounding communities. In the summer, the 25 meter pool is an outdoor facility surrounded by beautiful countryside. The pool ranges in depth from 4 ft. to 10 ft. In the winter, the heated pool is covered by a reinforced, vinyl-coated fabric bubble.

DIRECTIONS: Take Cedar Crest Blvd. south to Lower Macungie Road. Turn right at the stoplight and follow Lower Macungie Road west to Millrace Road. Turn left onto Millrace. The pool parking lot is just ahead on the right.

Emmaus Aquatic Club
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