Aquatic Fitness, Land Fitness, and Wellness Center enrollments will now take place in the Wellness Center Lobby. Enrollment begins August 3. rose.edu/aquatics-wellness
HOW TO ENROLL

TELEPHONE: 405-733-7351
Credit card enrollments only.

IN PERSON/OFFICE HOURS: Mon – Fri 8:00 am – 5:00 pm
Cash, check, or credit card enrollments accepted. The Wellness Center office is located in the Health & Physical Education building. Enter through the south doors and enroll in the Wellness Center lobby.

SENIOR DISCOUNT
Senior students, 60+, look for the fee with the s, to see the price for a senior student. Please tell the person enrolling you that you are a senior so they may apply the discount.

FAQS
For a complete list of FAQs about dropping classes, refunds, and canceled classes visit rose.edu/aquatics-wellness.

IMPORTANT DATES
The Aquatic and Wellness Center will be closed on the following dates:
September 7       Labor Day
October 15-17     Fall Break
November 25 – 28  Thanksgiving Break
December 23 – January 2 Christmas Break
Please note that closing dates are subject to change. If this occurs, check the website at rose.edu/aquatics-wellness.

PARKING, STUDENT ID, & AQUATIC LOCKER RENTAL
Parking Decal  5  #8755
Student ID     2  #8756
Aquatic Locker Rental 10 #8763

OPEN SWIM & WELLNESS MEMBERSHIPS

OPEN SWIM MEMBERSHIP
This membership allows students the use of the Rose State College Aquatics Center pool. Some students will swim as part of an exercise regimen and others for fun and relaxation. Several swim times are scheduled throughout the week to accommodate almost any schedule. If you take an aquatic class then you get open swim as a part of your membership to the Aquatic Center. The Family Pass is available for children/grandchildren only. The pass price is per child. A child utilizing the Family Pass must be accompanied by an adult who has paid for access to the pool.

August 17 – December 5
Adults  #8654 $65
Senior  #8656 $55
Military #8759 $55
Youth   #8761 $35

October 13 – December 5
Adults  #8655 $32.50
Senior  #8657 $27.50
Military #8760 $27.50
Youth   #8762 $17.50

Open Swim Hours
Mon – Thurs  7:00 am – 8:00 am, 12:00 pm – 1:00 pm
          4:30 pm – 5:30 pm
Friday      7:00 am – 1:00 pm, 4:30 pm – 5:30 pm
Saturday    7:00 am – 9:00 am, 11:00 am – 1:00 pm

PERSONAL TRAINING
Sessions will be scheduled during Wellness Center hours of operation. An assessment will take place for the first session, followed by four workout sessions with the personal trainer. If you have already had a personal assessment with your personal trainer, then you will be able to participate in five workout sessions with the personal trainer. Each session is one hour each. Personal trainers available: Liz Brown, Robert Summers, Thomas Hill, Catherine Chiemelu.

#8750 - #8754 $195/$166S
AQUATIC FITNESS
Classes marked with an * are shared academic/non-credit classes.

AQUA DANCE
Do you love dance and the water? Then try our Aqua Dance class that is easier on your feet and joints. Feel the resistance in the water as you shake and move to the music.

Tues & Thurs August 18 – December 3
Staff 10:00 am – 10:50 am
POOL* #8758 $65/$55

AQUATIC FITNESS
Students will participate in water exercise in both shallow and deep water. The latest in buoyancy and resistance equipment will be utilized. Exercising in the water is less stressful on the joints and one of the best ways to get in shape quickly.

Mon & Wed August 17 – December 2
P. Walker 8:00 am – 8:50 am
POOL #8663 $65/$55

Mon & Wed August 17 – December 2
P. Walker 9:00 am – 9:50 am
POOL #8664 $65/$55

Mon & Wed August 17 – December 2
C. Kelly 1:00 pm – 1:50 pm
POOL* #8665 $65/$55

Mon & Wed August 17 – December 2
C. Kelly 2:00 pm – 2:50 pm
POOL #8666 $65/$55

Mon & Wed August 17 – December 2
Staff 5:40 pm – 6:30 pm
POOL* #8667 $65/$55

Tues & Thurs August 18 – December 3
Staff 8:00 am – 8:50 am
POOL #8668 $65/$55

Tues & Thurs August 18 – December 3
Staff 9:00 am – 9:50 am
POOL #8669 $65/$55

Tues & Thurs August 18 – December 3
P. Walker 2:00 pm – 2:50 pm
POOL #8670 $65/$55

Tues & Thurs August 18 – December 3
Staff 5:40 pm – 6:30 pm
POOL* #8671 $65/$55

WELLNESS CENTER MEMBERSHIP
This membership includes unlimited use of Rose State Wellness facilities. The Wellness Center is open six days a week, and is closed when the college is closed. Cardio machines, free weights, and a multi-purpose gym floor are available for community use. This membership also includes Open Swim.

August 17 – December 22 October 13 – December 22
Adults #8658 $85 Adults #8659 $42.50
Senior #8660 $57 Senior #8661 $28.50

Wellness Center Hours
Mon-Fri 6:00 am – 8:00 pm
Saturdays 8:00 am – 4:00 pm

Facility Includes:
The STRENGTH TRAINING area is equipped with a full line of state-of-the-art Life Fitness Signature Series training equipment and Hammer Strength free weight training equipment.

The CARDIOVASCULAR TRAINING area is equipped with state-of-the-art Life Fitness treadmills, cross trainer elliptical’s, recumbent bikes, and upright bikes.

The OPEN ACTIVITY AREA is used for multipurpose recreational activities and open-exercise classes, as well as credit and non-credit classes.

The AQUATIC CENTER has an indoor heated pool with whirlpool, sauna, locker, and dressing rooms. Remodeled in 2014.

The WELLNESS ASSESSMENT LAB offers risk factors, body fat, flexibility, blood pressure, muscular strength, and cardiovascular endurance screenings.
BEGINNING/INTERMEDIATE SWIMMING

Need to learn how to swim? Well, it is not too late! Join us in this warm, safe, and fun learning environment that integrates the basics of floating, movement, and breathing.

Mon & Wed  August 17 – December 2
Staff  11:00 am – 11:50 am
POOL  #8672  $65/$55

H2O STRENGTH TRAINING

Aquatic Strength Training uses the resistance of the water to work the body. Actual weight lifting moves are done in the pool during this workout. Resistance equipment will be used, and the format will include a warm-up, muscle conditioning of all major muscle groups, and a final stretch.

Tues & Thurs  August 18 – December 3
P. Walker  11:00 am – 11:50 am
POOL*  #8674  $65/$55

LOW INTENSITY WATER AEROBICS

This course is a therapeutic water exercise program. It is applicable for persons with a variety of physical challenges. Class size is reduced for more individual attention.

Mon & Wed  August 17 – December 2
C. Kelly  10:00 am – 10:50 am
POOL  #8675  $65/$55

Tues & Thurs  August 18 – December 3
C. Kelly  1:00 pm – 1:50 pm
POOL  #8676  $65/$55

FOCUS: ON HEALTHY LIVING
GROUP FITNESS
This class features a variety of low-impact cardio and strengthening/toning fitness designed to improve cardiovascular fitness, increase muscular strength and endurance, improve balance and coordination, and increase flexibility.

Tues & Thurs  August 18 – December 3
P. Walker  8:20 am – 9:10 am
HPE 112  #8757 $65/$55

PILATES
This mind-body exercise focuses on strengthening the core postural muscles through breathing and a series of floor exercises; balancing exercises and resistive equipment will also be added.

Tues & Thurs  August 18 – December 3
P. Walker  1:00 pm – 1:50 pm
HPE 112*  #8683 $65/$55

PILATES/YOGA/STRENGTH
Students will build muscle while burning fat, starting with strength training to improve and tone the muscles. Then, slowly moving into Pilates and finishing with Yoga, which elongates the body to improve balance and coordination.

Tues & Thurs  August 18 – December 3
C. Kelly  9:00 am – 10:00 am
FA 108  #8684 $65/$55

STRENGTH TRAINING
This class will include a warm-up, strength training using dumbbells, and a cool-down session, which will include flexibility exercises. Proper forms for both strength training and for flexibility will be stressed. Perfect for the beginner to advanced individual who wants to build bone density as well as muscle strength and endurance.

Mon & Wed  August 17 – December 2
C. Kelly  9:00 am – 9:50 am
HPE 112  #8685 $65/$55
**STRETCH & RELAX**
Reduce stiffness, stress, and anxiety by stretching in comfortable positions for the student. Most stretching will not require the floor, but a chair instead. Various stretches will allow the student to focus on their breathing and relaxation.

- **Friday**
  - C. Kelly: 9:30 am – 10:20 am
  - FA 108: $49/$39

**T’AI CHI FOR BETTER BALANCE**
When practiced on a regular basis, T’ai Chi can improve balance, and reduce the risk of falling. Based on the traditional 24 Short-Form Yang Style, this 8-form community program coordinates breath with movement, involves both weight- and non-weight-bearing stances, progresses from easy to more difficult and promotes overall well-being.

- **Mon & Wed**
  - P. Walker: 10:00 am – 10:50 am
  - HPE 112: $65/$55

**WEIGHT RESISTANCE**
Students will learn how to improve their muscular endurance and strength, and the proper lifting technique of each machine. Learn more about different weight lifting programs, number of sets, repetitions, and the amount of weight to lift.

- **Mon & Wed**
  - R. Summers: 1:00 pm – 1:50 pm
  - HPE 114*: $65/$55
- **Tues & Thurs**
  - R. Summers: 11:00 am – 11:50 am
  - HPE 114*: $65/$55

**YOGA**
Yoga is the practice of physical postures, integrated with breathing techniques to release tension and promote strength and flexibility of body, mind, and emotions. This simple practice is accessible to everyone in any physical condition.

- **Mon & Wed**
  - C. Allen: 5:40 pm – 6:30 pm
  - HPE 102*: $65/$55
- **Tues & Thurs**
  - D. McCauley: 5:45 pm – 6:55 pm
  - HPE 112*: $65/$55

**ZUMBA® FITNESS**
Zumba® Fitness is a calorie-burning cardio program consisting of Latin, Hip Hop, Belly Dance, and many other International dance moves.

- **Mon/Wed**
  - August 17 – December 2
  - L. Steinmetz: 5:40 pm – 6:30 pm
  - HPE 112*: $65/$55

**ZUMBA® FITNESS & TONING**
Can’t get enough of Zumba®? Then take Zumba® Fitness & Toning which will consist of a variety of calorie-burning Latin, Hip Hop, Belly Dance, and many other International dance moves. Weights, stretching, and other various strength and muscle-toning exercises will take place during this class, to maximize your workout. So let’s shed those pounds and sculpt our bodies together!

- **Fridays**
  - August 21 – December 4
  - L. Steinmetz: 1:00 pm – 2:40 pm
  - HPE 112*: $65/$55

**ZUMBA® SENTAO**
Zumba® Sentao™ is a new way to enhance your fitness party!! This dynamic cardio, toning, and core workout has students dancing around the chair and with their “partner”/chair, using their own body weight to strengthen, define, tone, and improve endurance and balance.

- **Mon & Wed**
  - August 17 – December 2
  - P. Walker: 11:00 am – 11:50 am
  - HPE 112*: $65/$55

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*RSC I AQUATIC & WELLNESS CENTER SCHEDULE*
YOUTH PROGRAMS

LEARN TO SWIM

CHOOSING THE CORRECT LEVEL
To ensure your child’s proper placement, please carefully review the class levels. If you are unsure about the placement, enroll your child in the lower level. Children who have had more than a three-month break from swimming should repeat the previous level as a refresher course. Children registered for an inappropriate class level are not guaranteed a transfer because the correct level may be full. Children will be tested on the first day of class.

PARENT/TOT
Parent/guardian accompanies children 9 months to 3 years old in the water and receives feedback and guidance from an instructor. Class emphasis is on fun and safety as well as establishing comfort in the water. Children develop water entry, bubble blowing, rudimentary arm and leg action, back floating, underwater exploration and more.

PRE-SCHOOL
Class is for children ages 3 to 5 years of age at any swimming level. Class is tailored to the needs of younger swimmers. Children should be willing to participate in a group setting without parent/guardian. Fun and safety are emphasized while children are learning swimming skills. Time will be spent working on water orientation and exploration, floating, kicking, arm and hand movements, opening eyes and exhaling under water, and floating comfortably. Front and back crawl skills will be introduced.

INTRODUCTORY
Must be at least 5 years old to enroll. Class is designed for the swimmer who feels comfortable in the water but may need support from noodles or kickboards. This class promotes independent swimming skills in a structured class setting. Class is designed to give the student success with fundamental skills while focusing on proper techniques for front and back crawl. Students will be introduced to other skills such as turning over while swimming and entry into deeper water.

BEGINNER
Must be at least 5 years old to enroll. Students should feel comfortable in the water and be able to swim 5 yards independently with supervision. Concentration is on building confidence and the refinement of the front crawl and back crawl using rotary breathing. Students will be introduced to butterfly and elementary back stroke kick, deep water entry, and safety skills.

INTERMEDIATE
Must be at least 5 years old to enroll. Children must be able to swim 15 yards front and back crawl. Concentration is placed on the coordination, refinement and endurance of previously learned strokes. Students will be introduced to breaststroke, elementary backstroke, and sidestroke.

ADVANCED/INTRO. TO SWIM TEAM
Primary objective is the refinement of all strokes so students swim with ease, efficiency, power, and smoothness over greater distances. Students in this class must be able to swim at least one continuous length of the pool in front crawl and back stroke and be prepared to swim several lengths of the pool each class meeting.

TUESDAY/THURSDAY PROGRAM

SESSION 1 $35
August 18 – September 10
Swim Levels
Parent Tot 8698
Pre-School 8705
Introductory 8712
Beginner 8719
Intermediate 8726
Advanced/Intro to Swim 8733

SESSION 2 $35
September 15 – October 8
Swim Levels
Parent Tot 8699
Pre-School 8706
Introductory 8713
Beginner 8720
Intermediate 8727
Advanced/Intro to Swim 8734

SESSION 3 $35
October 13 – November 5 (No Class Oct. 15)
Swim Levels
Parent/Tot 8700
Pre-School 8707
Introductory 8714
Beginner 8721
Intermediate 8728
Advanced/Intro to Swim 8735

SESSION 4 $35
November 10 – December 10 (No Class Nov. 24-26)
Swim Levels
Parent/Tot 8701
Pre-School 8708
Introductory 8715
Beginner 8722
Intermediate 8729
Advanced/Intro to Swim 8736
SATURDAY PROGRAM

SESSION 1 $30
August 22 – September 26 (No Class Sept. 5)
Swim Levels
9:00 am – 9:40 am 9:50 am – 10:30 am
Parent Tot 8702
Pre-School 8709
Introductory 8716
Beginner 8723
Intermediate 8730
Advanced/Intro to Swim 8737

SESSION 2 $30
October 3 – November 7 (No Class Oct. 17)
Swim Levels
9:00 am – 9:40 am 9:50 am – 10:30 am
Parent Tot 8703
Pre-School 8710
Introductory 8717
Beginner 8724
Intermediate 8731
Advanced/Intro to Swim 8738

SESSION 3 $30
November 14 – December 12 (No Class Nov. 28)
Swim Levels
9:00 am – 9:40 am 9:50 am – 10:30 am
Parent Tot 8704
Pre-School 8711
Introductory 8718
Beginner 8725
Intermediate 8732
Advanced/Intro to Swim 8739

RAIDER SWIM TEAM
Children will participate in a structured workout. They will refine their strokes and learn flip turns, starts, and finishes. Team members will participate in swim meets with other area swim clubs. Children must be able to swim 25 meters of the following Strokes: Front Crawl, Back Stroke, and Breast Stroke. Practice times vary depending on age and skill level. All swimmers will be evaluated and placed into first or second practice. Ages 6-18.

First practice – Tuesday/Thursday 6:30 – 7:30 and Fridays 5:30-6:30
Second practice - Tuesday/Wednesday/Thursday 7:30 – 8:30 and Fridays 5:30-6:30

*Must have coach’s approval to sign up for Swim Meet Only.

Dates  Swim Team  Swim Meets Only
AUGUST 8740 - $40  8745 - $15
SEPTEMBER 8741 - $40  8746 - $15
OCTOBER 8742 - $40  8747 - $15
NOVEMBER 8743 - $40  8748 - $15
DECEMBER 8744 - $40  8749 - $15