

Aquatic and Fitness Programs

Coral Springs Fitness Center

Get fit and stay fit at the Coral Springs Aquatic Complex Fitness Center. Our gym will meet all of your fitness needs. Our fitness equipment is second to none, including free weights, Body Masters, Hammer Strength and Ground Zero machines. To keep your heart healthy, we have treadmills, both recumbent and upright bikes, Stairmasters and EFX Cross trainers. As always, expect total quality service from the City of Coral Springs staff of personal trainers on site to lend a helping hand. So don't delay, come check us out today.

Free Membership! Silver Sneakers & Forever Fit Programs

Fitness Center and Pool

The Coral Springs Aquatic Complex and Fitness Center is a Silver Sneakers and Forever Fit provider for free memberships subsidized by certain health insurance carriers. A valid health insurance card from the qualified provider and driver's license is needed to enroll. If enrolling a dependent under the age of 18, bring proof of age and photo ID. For details, call 954-345-2121.

Summer Recreational Swim Team

This swim team is designed for children ages 6 and up who have experience in swimming at or above American Red Cross Level III. This program teaches the fundamentals of competitive swimming, including lap swimming for endurance, new techniques, stretches, drills, games and a lot of fun. The children have one swim meet throughout the five-week program. A swimming test is required for all participants.

Class Days: Tuesday, Wednesday, and Thursday

Dates: June 14 to July 14

Cost: \$90/child

Time: 11:45 a.m. to 1 p.m.

Age Group Water Polo

This year-round water polo program is open to participants ages 13 to 18 and is designed to enhance and improve basic water polo skills. USA Water Polo Membership Fee Required - \$55 per year.

Class Days: Monday, Tuesday and Thursday from 7:30 to 9:15 p.m.

Cost: \$45/month or \$8/day
(resumes in May)

Coral Springs Swim Club

Thinking of getting the kids involved with a new sport this summer? The Coral Springs Swim Club is a year-round competitive swimming program for children and young adults. The Coral Springs Swim Club has consistently ranked in the top three swim clubs in the nation for teaching stroke excellence. **Tryouts are by appointment only. Please call 954-340-5032 to schedule.**

Masters and Adult Swim Program

The Coral Springs Masters and Adult Fitness Swim Program is a year-round adult program designed for swimmers. The main focus of the program is to improve stroke, endurance, health and fitness. Triathletes are welcome. Competitions are available but not required.

To participate in the program, you must be at least 19 years old and be able to swim 500 yards.

Diving Lessons

Diving is a full-scale recreational program featuring state-of-the-art equipment in one of the best outdoor facilities in the country. Students develop strength, flexibility and confidence while learning how to dive properly from the springboards and platforms. This program accommodates children ages 6 to 18 of all skill levels.

All Participants must be able to swim independently in 16-foot-deep water.

Diving Camp

Weekly camps available this summer. Call 954-345-2121 for dates and times.

Coral Springs Dive Team

If you have mastered those basic diving moves and are ready for something a bit more challenging, then you're ready for the next level of diving.

Synchronized Swimming

Enjoy dancing? Enjoy swimming? Try combining the two and give synchronized swimming a chance. Synchronized swimming is probably one of the most beautiful of all aquatic sports. It combines the skills of gymnastics, dance and swimming with the strength and endurance of weight lifting. Tryouts are to be announced.

For more details on memberships and programming, visit CoralSprings.org/recreation/aquatics or call 954-345-2121.

Summer
Swimming Lessons
are available!
See page 16
for more info.

Advanced Swimming Techniques

Swimming is a low-impact, highly aerobic, and full-body exercise that can be used for life. Many swimmers have difficulty with their strokes that can be corrected with proper instruction. This program is designed to make swimmers technically better one-on-one with Coach Jackson. Participants will undergo a series of drills and tips to correct body position, pull phases, kick recovery for any stroke desired.

Requirements: Must be able to swim 400 yards, Fins, Goggles, Cap (if hair is long)

Cost: \$25/half hour, \$130 for six half-hour classes

Adult Stroke Technique

Coach Jen Pico is heading up this year-round swim program for adults at Mullins Park Pool that develops strength, technique and endurance. This includes advanced swimming skills, stretching, drills and techniques related to competitive swimming. Give your name and phone number for an appointment to meet with Coach Pico for a swim test.

Must know all four basic swim strokes.

Class Days: Mondays, Tuesdays and Wednesdays

Cost: \$50/month

Time: 7 to 8 p.m.

Swim Training and Technique

A year-round program that develops strength, technique, and endurance. This also includes advance-swimming skills, stretching, drills and techniques are related to competitive swimming. Must pass a pre-requisite test offered every Tuesday with the coach from 7 to 7:15 p.m.

Class Days: Tuesdays and Thursdays

Cost: \$45/month

Time: 7:15 to 8:15 p.m.

Cypress Pool Party Packages

Party packages are currently being offered at Cypress Park Pool Water Park. Bring family and friends to celebrate a special occasion under your own private "Funbrella." Cypress Park Pool is located at 1300 Coral Springs Drive. **For rates and specific party times available, call 954-345-2109.**

Water Aerobics

Water Aerobics is a medium-to-high impact aerobics program at the Cypress Park Pool or Aquatic Complex. This activity is available for adults and children age 13 or older. The program involves a 30-minute, heart-pumping cardiovascular workout with 30 minutes of muscle-building strength training.

Class Days: Tuesday, Thursday and Saturday

Cost: \$3 per class or 12 classes for \$30

Time (summer): 8:30 to 9:30 a.m.

Time (winter/fall): 9:30 to 10:30 a.m.

Stretch 'N Flex

Low-impact, range of motion water exercises. This class is held at either Cypress Park Pool or the Aquatic Complex.

Class Days: Fridays

Cost: \$3 per class

Time (Summer): 8:30 to 9:30 a.m.

Time (Winter): 9:30 to 10:30 a.m.

Community Awareness Classes

The City of Coral Springs Aquatics Services offers Community Awareness Classes throughout the year. Class dates, fees and length vary. Call 954-345-2121 for information. Classes include guard start, lifeguard training, and water safety instruction through the American Red Cross.

Senior Fitness Classes

The Fitness Center at the Aquatic Complex is now offering free fitness classes designed for Coral Springs residents age 62 and older. The classes use state-of-the-art equipment that was developed for maximum muscle and bone density regrowth. A personal trainer and geriatric nurse will be teaching each session. The sessions are easy, upbeat and fun!

Class times vary. Call for details.

Yoga

A practice designed to bring into harmony the mind, body and spirit. One is never too young or too old to begin.

Adults: Monday and Wednesday, 7:30 to 8:45 p.m.

Cost: \$60 per month or \$10 per class.

Meets in the Aquatic Complex Wood Room.