



# Fall Schedule 2023

## FITNESS, THERAPY & SWIM

*Plymouth Arts & Recreation Complex*  
650 Church Street, Plymouth, MI 48170

*Holiday Inn Express*  
21100 Haggerty Rd, Northville, MI 48167

*Troy Community Center*  
3179 Livernois Rd, Troy, MI 48083

### AQUATIC FITNESS SCHEDULE

Wed Sept 6-Dec 22, 2023 (No classes Sept 9, 16, Nov 23-25)

#### TUESDAY

8:15 AM-9AM  
DYNAMIC  
AQUAFIT  
(Intermediate)

9AM-9:45AM  
GENTLE  
AQUAFIT  
(Beginner-Intermediate)

#### THURSDAY

8:15 AM-9AM  
DEEP  
AQUAFIT  
(Intermediate)

9AM-9:45AM  
GENTLE  
AQUAFIT  
(Beginner-Intermediate)

#### FRIDAY

8:15 AM-9AM  
FRIDAY FUN  
AQUAFIT  
(Intermediate)

9AM-9:45AM  
YIN & YANG  
AQUAYOGA  
(All levels)

#### SATURDAY



11AM-11:45AM  
AQUA  
HIIT  
(Intermediate-Advanced)

LAP SWIM, WATER WALKERS & EXERCISERS WILL NEED TO CHECK RESERVATIONS PAGE  
FOR AVAILABILITY: [www.specialtyaquaticprograms.com/reservations](http://www.specialtyaquaticprograms.com/reservations)

#### PRICING

Walk-in for \$10  
5 class punch pass for \$45  
One class/week for \$129/season  
Basic Membership (2 classes/week) for \$60  
Limited Membership (4 classes/week) for \$80/month  
Unlimited Membership for \$100/month

#### SILVER SNEAKERS RATE

\$30  
\$99  
\$40  
\$50  
\$60

#### RENEW ACTIVE/ ONE PASS RATE

FREE  
FREE  
FREE  
\$20  
\$40

#### PEERFIT/ FIT ON RATE

ALL  
LEVELS  
ARE  
FREE

These classes  
require  
**RESERVATIONS**  
at our website  
and payment in  
person. All  
classes are held  
at PARC  
Plymouth and  
are included in  
membership.

### SPECIALTY FITNESS + THERAPEUTIC GROUP

These classes  
require  
**ENROLLMENT**  
at our website and  
payment online.  
Classes are held at  
PARC Plymouth &  
Northville.

**ADULT SWIM CLUB**  
Tues 7AM-8AM \$129 Sept 12-Dec 19 & Thurs 7AM-8AM \$129 Sept 7-Dec 21 (No Nov 23)

**THERAPEUTIC AQUA CLINIC-Session I**  
\*Mon 7PM-8PM \$179 Sept 11-Oct 23  
Tues 9:45AM-10:30AM \$139 Sept 19-Oct 31  
Thurs 9:45AM-10:30AM \$139 Sept 14-Oct 26

\*Northville location warm pool

**THERAPEUTIC AQUA CLINIC-Session II**  
\*Mon 7PM-8PM \$179 Oct 30-Dec 11  
Tues 9:45AM-10:30AM \$139 Nov 7-Dec 19  
Thurs 9:45AM-10:30AM \$139 Nov 2-Dec 21 (No Nov 23)

\*Northville location warm pool

**STAND UP PADDLEFIT-Session I**  
Fri 9:45AM-10:30AM \$139 Sept 8-Oct 20

**STAND UP PADDLEFIT-Session II**  
Fri 9:45AM-10:30AM \$139 Oct 27-Dec 22 (No Nov 24)

**MERMAMAS PRE&POSTNATAL-Session I**  
\*Mon 7PM-7:45PM \$139 Sept 11-Oct 23

**MERMAMAS PRE&POSTNATAL-Session II**  
\*Mon 7PM-7:45PM \$139 Oct 30-Dec 11

**MERMAMAS & MINIS POSTNATAL-Session I**  
Thurs 10:30AM-11:15AM \$139 Sept 8-Oct 20

**MERMAMAS & MINIS POSTNATAL-Session II**  
Thurs 10:30AM-11:15AM \$139 Sept 8-Oct 20 (No Nov 23)

**S.T.A.R.R. ATHLETE & TEAM AQUATRaining**  
SAT 1:45PM-2:45PM \$179 Sept 23-Dec 16 (No Nov 25) Sports Teams Welcome  
Contact [nicole@specialtyaquaticprograms.com](mailto:nicole@specialtyaquaticprograms.com) for (land) sports team rate

**MEMBER ONLY SWIM**  
SAT 1:45PM-2:45PM \$69 Sept 23-Dec 16 (No Nov 25) Individual rate  
\$239 Sept 23-Dec 16 (No Nov 25) Family rate





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### PRIVATE THERAPEUTIC

#### MULTIPLE LOCATIONS Aquatic Therapy & Bodywork

Experience the transformative power of Therapeutic Aquatic Services. Our Certified Aquatic Therapists are masters in the art of healing through water, providing quick and effective results. Whether you require prescribed restorative exercise, hands-on bodywork, or adaptive swim techniques, our experts are here to guide you towards optimal wellness. With specialized training in orthopedic, neurological, congenital conditions, as well as adult acquired injuries and disabilities, we offer tailored solutions for every individual. Book your sessions with our compassionate Aquatic Therapists in convenient 15-minute intervals, up to an hour, to achieve your goals. Embrace the therapeutic benefits of water and unlock your full potential today. Therapeutic Aquatic Services - your path to rejuvenation and vitality.

To book private therapeutic services:  
email [marisa@specialtyaquaticprograms.com](mailto:marisa@specialtyaquaticprograms.com)



*You are not finished yet!*

\*May be reimbursable with physician script



### SWIM PROGRAMS

These classes require **ENROLLMENT** at our website and payment online. Classes are held at PARC Plymouth, Troy & Northville.

#### GROUP LESSONS



##### Tuesdays at Plymouth:

10:30AM-11:30AM Homeschool Swimrichment  
10:30AM-11AM Pre-Primary & Me  
11:30AM-12:30PM Homeschool Swimrichment  
12-12:30PM Pre-Primary & Me

##### Fridays at Plymouth:

10:30AM-11:30AM Homeschool Swimrichment  
10:30AM-11:30AM Homeschool Teen Swim Club  
11AM-11:30AM Pre-Primary & Me

##### Saturdays at Plymouth:

11:45AM-12:45PM Stroke Clinic (Intermediate)  
12pm-12:30 Pre-Primary & Me

DESIGNED FOR KIDS AND ADULTS WHO HAVE BEEN OVERLOOKED BY TRADITIONAL INSTRUCTION, OUR SPECIALIZED PROGRAMS FOCUS ON FUNCTIONAL WATER SAFETY SKILLS. WITH OUR ENCOURAGING AND ADAPTIVE APPROACH, OUR HIGHLY TRAINED AND CERTIFIED STAFF WILL GUIDE YOU THROUGH EVERY STROKE AND KICK. WHETHER YOU'RE A BEGINNER OR LOOKING TO ENHANCE YOUR TECHNIQUE, OUR SWIM LESSONS WILL EQUIP YOU WITH THE NECESSARY SKILLS TO NAVIGATE THE WATER WITH EASE.

#### PRIVATE LESSONS



##### Mondays at Northville:

3-7pm Private lessons

##### Tuesdays at Plymouth:

7am-3pm Private lessons

##### Wednesdays at Troy:

4-7pm Private lessons

##### Thursdays at Plymouth:

7am-3pm Private lessons

##### Fridays at Plymouth:

8am-12pm Private lessons

##### Saturdays at Plymouth:

10am-2pm

- kids
- fearful adults
- special needs
- swim evals after injury
- physical disabilities

#### FEATURED PARTNERS



Autism + Intellectual Disabilities  
Contact (734) 674-6916

##### Tuesdays:

1:45-2:45pm  
Adult Group

##### Saturdays:

Young Adult & Teen Group  
12:45pm-1:45pm

Group Swim Programs Contact: [nicole@specialtyaquaticprograms.com](mailto:nicole@specialtyaquaticprograms.com)

Private Swim Lessons Contact: [marisa@specialtyaquaticprograms.com](mailto:marisa@specialtyaquaticprograms.com)