



# Winter Schedule 2024

January 8, 2024-March 23, 2024



Plymouth  
&  
Northville

## AQUATIC FITNESS & LAP

### 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

10AM-10:45AM  
AQUA  
HIIT STATIONS  
(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

\*A \$25 annual registration fee will apply.

## SPECIALTY AQUATIC FITNESS

ADULT SWIM CLUB  
Tues & Thurs 7AM-8AM

### THERAPEUTIC AQUA CLINIC

Tues 9:45AM-10:30AM  
Thurs 9:45AM-10:30AM

### GUIDED WATER WALKING

Tues 9:45AM-10:30AM  
Thurs 9:45AM-10:30AM

### MERMAMAS PRE&POSTNATAL RESTORATIVE AQUAFIT

\*Mon 8PM-8:45PM (Without baby) ♡ Northville  
Thurs 10:30am-11:15am (With baby) ♡ Plymouth

STAND UP PADDLEFIT  
Fri 9:45AM-10:30AM

MEMBER-ONLY SWIM  
SAT 11:45PM-12:45PM \$5/person with \$25/person annual enrollment fee

S.T.A.R.R. ATHLETE & TEAM AQUATRaining  
Sports Teams Welcome  
Contact [nicole@specialtyaquaticprograms.com](mailto:nicole@specialtyaquaticprograms.com) for (land) sports team rate

These classes  
require  
**ENROLLMENT**  
at our  
website and is  
additional fee  
to aquatic  
fitness classes  
above.



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January 8, 2024-March 23, 2024



Plymouth,  
Northville.  
Troy, and  
other  
locations  
available

## PRIVATE THERAPEUTIC

### MULTIPLE LOCATIONS

#### Aquatic Therapy & Bodywork

\*May be  
reimbursable with  
physician script

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.



*Naquaste  
Spring  
Water Wellness  
Retreat  
APRIL 12-14*

## SWIM PROGRAMS



GROUP



These  
classes  
require  
**ENROLLMENT**  
at our  
website  
and  
payment  
online.

PRIVATE



### Tuesdays at Plymouth:

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

### Thursdays at Plymouth:

10:00AM-10:30AM Pre-Primary & Me

### Fridays at Plymouth:

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

### Saturdays at Plymouth:

10:45AM-11:45AM Stroke Club/Team Prep (Intermediate)  
11:45-12:15 Pre-Primary & Me (Advanced)  
12:15-12:45 Pre-Primary & Me (Beginner)

### Mondays at Northville:

3-7pm Private lessons

### Wednesdays at Troy: (Adaptive & Therapeutic only)

4-7pm Private lessons

### Tuesdays, Thurs and Fridays at Plymouth:

7-3pm Private lessons slots available

### Saturdays at Plymouth:

10am-2pm

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

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.

### 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