



Monthly Newsletter

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# July 2022

Water fitness, upcoming events and merchandise for sale!



by [Mary Ritchey](#) on July 12, 2022

It's officially the middle of our summer season. We were so happy to offer a members only day on the 4th. We filled the facility to its capacity both during the day and for our evening event.

Another perk for members includes our exclusive Members Only Swim Lesson time slot. Registration is done through our website, and sessions are held until the end of summer. Any questions on programming? E-mail [karen.dayton@worthingtonpools.com](mailto:karen.dayton@worthingtonpools.com)

The summer fun is not over yet! As a team and with guidance from the Board of Directors, we are planning some more events for the rest of the season. Movie nights, Wet N Wild, and Doggy Day are all ideas we're going to work on. Updates on specifics will be released as soon as possible via email and social media.

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THIS WEEK'S  
TOP STORIES



## Water Fitness Classes

### **Water Aerobics - Beginner / Intermediate**

This low impact class is designed for students who want to maintain or improve their cardio fitness while strengthening all the major muscle groups. Burning calories, stress release and improved flexibility and range of motion are added benefits. The instructor will provide modifications suitable for all fitness levels. Each class session incorporates both shallow and deep water exercises.

## **Aquatic Fitness Challenge - Intermediate / Advanced**

This cardio-strengthening class is designed for students who want to experience a higher intensity, more challenging level of water exercise. A typical class session might include interval, plyometric, and resistance training in addition to more familiar water moves. The class focus is on increasing participants' strength and stamina while still enjoying all the benefits of a water workout. Each class session incorporates both shallow and deep water exercises. Wearing water shoes is recommended.

Next session begins July 18th

## **Paddleboard Yoga**

Would you like to spend three sunset evenings learning paddleboard yoga?

Paddleboard yoga is fun and uses your core to move through yoga poses on a stand-up paddleboard! All levels are welcomed and modifications are available so anyone can participate. Poses include: seated, hands and knees, kneeling, standing, and balancing. You will progress through poses at your own pace. And... if you have a bucket list to do inversion poses, you will learn to do those too! Have no fear, we will provide basic instruction on how to balance, get on and off the board and keep yourself safe.

If you bring your own board, contact us for a tuition discount. Questions? Email [evan.straw@worthingtonpools.com](mailto:evan.straw@worthingtonpools.com)

Mondays at 7:45pm

# “RAYS FOR DAYS” merchandise



Worthington Pools Rays For Days  
Classic Tee

**\$24.99**



Worthington Pools Rays For Days  
Crop Hoodie

**\$34.99**



Worthington Pools Rays For Days  
Bucket Hat



Worthington Pools Rays For Days  
Stainless Water Bottle

**\$27.99**



Worthington Pools Rays For Days  
Beach Towel

**\$32.99**



Worthington Pools Rays For Days  
White Slides

