

# ROSE BOWL AQUATICS CENTER

## WATER FITNESS CLASS OPTIONS:

2026

### Rec. Pool Classes: (Classes are 55 minutes long)

**Aqua HIIT**  
Monday, 6:35 PM

**Aqua Zumba**  
Sunday, 8:15 AM

**Arthritis/MS Splash: Monday**  
Monday, 10:00 AM

**Arthritis/MS Splash: Wednesday**  
Wednesday, 10:00 AM

**Arthritis/MS Splash: Friday**  
Friday, 10:00 AM

**Classic Shallow Water Fitness**  
Thursday, 6:35 PM

**Dynamic Deep Water: Monday**  
Monday, 11:30 AM, 12:35 PM

**Dynamic Deep Water: Tuesday**  
Tuesday, 11:30 AM

**Dynamic Deep Water: Wednesday**  
Wednesday, 11:30 AM, 12:35 PM

**Dynamic Deep Water: Thursday**  
Thursday, 11:30 AM

**Dynamic Deep Water: Friday**  
Friday, 11:30 AM

**Dynamic Deep Water: Sunday**  
Sunday, 9:30 AM

**Splash to the Beat**  
Friday, 6:35 PM

**Movin' Water Shallow: Tuesday**  
Tuesday, 6:30 AM

**Movin' Water Shallow: Friday**  
Friday, 6:30 AM

**Movin' Water Deep: Tuesday**  
Tuesday, 6:30 AM

**Movin' Water Deep: Friday**  
Friday, 6:30 AM

### Rec. Pool Classes Continued: (Classes are 55 minutes long)

**Power Waves**  
Wednesday, 6:35 PM

**Shallow Water Move & Groove**  
Tuesday, 6:35 PM

**Strong Water Burn**  
Saturday, 7:30 AM

### Senior Splash Classes: (Classes are 45 minutes long)

**Senior Splash: Monday**  
Monday, 8:00 AM

**Senior Splash: Tuesday**  
Tuesday, 8:00 AM

**Senior Splash: Wednesday**  
Wednesday, 8:00 AM

**Senior Splash: Thursday**  
Thursday, 8:00 AM

**Senior Splash: Friday**  
Friday, 8:00 AM

### Therapy Pool Classes: (Classes are 45 minutes long)

**Arthritis: Monday**  
Monday, 8:00 AM, 9:00 AM

**Arthritis: Tuesday**  
Tuesday, 7:10 AM

**Arthritis: Wednesday**  
Wednesday, 8:00 AM, 9:00 AM

**Total Body Sculpting**  
Wednesday, 10:00 AM

**Arthritis: Friday**  
Friday, 8:00 AM, 9:00 AM

**Hustle and Muscle**  
Saturday, 8:00 AM

**Arthritis & Beyond**  
Sunday, 8:10 AM

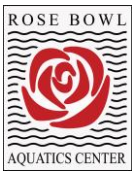
If you have any questions, please feel free to call us!

Call Center: (626) 564-0330 Ext. 601

NO REFUNDS! Only account credits are issued for early cancellations or cancelled classes.

All dates, times & prices are subject to change

Website: [www.rosebowlaquatics.org](http://www.rosebowlaquatics.org)



# ROSE BOWL AQUATICS CENTER

## WATER FITNESS PRICING OPTIONS:

2026

### **Senior Splash Pricing Options: Available to Patrons 55 Years or Older**

The pricing options below are only valid for Senior Splash Class Options

**Senior Single Session Drop In: \$19**

**Senior Splash Monthly Pass: \$69**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month

**Senior Splash Quarterly Pass: \$186**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 3 months

**Senior Splash Semi Annual: \$331**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 6 months

### **Water Fitness Classes Pricing Options:**

The pricing options below are only valid for Water Fitness Class Options

**Adult (Ages 16-54) Single Session Drop In: \$22**

**Adult (Ages 16-54) Water Fitness Monthly Pass: \$136**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month

**Adult (Ages 16-54) Water Fitness Quarterly Pass: \$364**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 3 months

**Adult (Ages 16-54) Water Fitness Semi Annual Pass: \$670**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 6 months

**Senior (Ages 55 & up) Single Session Drop In: \$19**

**Senior (Ages 55 & up) Water Fitness Monthly Pass: \$121**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month

**Senior (Ages 55 & up) Water Fitness Quarterly Pass: \$331**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 3 months

**Senior (Ages 55 & up) Water Fitness Semi Annual Pass: \$593**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 6 months

### **FAQs**

#### **1. The new registration platform allows:**

- The flexibility to register for individual classes
- The ability to cancel a class (2 hours before the class start time)
- The option to "Drop In" a class when space is available
- The incentive of receiving discounted classes when passes are purchased versus paying the drop in fee

	Daily	Monthly	Cost Per Class	Quarterly	Cost Per Class	Semi-Annual	Cost Per Class
Adult	\$22	\$136	\$7.55	\$364	\$6.74	\$670	\$6.20
Senior	\$19	\$121	\$6.72	\$331	\$6.12	\$593	\$5.49
Senior Splash	\$19	\$69	\$3.63	\$186	\$3.44	\$331	\$3.06

#### **2. The Senior Splash passes include a special discount. For that reason, they can only be used towards registering for Senior Splash classes.**

#### **3. Adult and Senior Water Fitness passes can be used towards classes in the Recreation Pool and the Therapy Pool (excluding the Senior Splash classes)**

#### **4. Your pass becomes active once you register for your first class, not the date you purchased your pass**