

The Goshen Pool offers a variety of aquatic programs to choose from. Whether you are looking for a swim team, learn to swim program, fitness swimming, recreational pool time, or even pool rehabilitation, we are sure you will be able to find something that meets your needs.

AQUAFIT



Aquafit Classes

\$40 per month

Daily Drop-in Rate: \$10 per Day

Come join GAC for Aquafit!

These classes give new meaning to the idea of a refreshing workout!

Each of these 1 hour classes is guaranteed to put a smile on your face while helping you work toward your personal fitness goals!

Aquafit classes include; Aquacize, Aquajog and Aquafitness.

Aquafitness is a class geared toward active older adults, adults with arthritis or even adults who are rehabilitating from surgery. This low impact workout will help you to stretch out and strengthen your body while burning calories!

Monday-Wednesday-Friday from 12pm-1pm