



Arlington Park & Aquatic Complex

2650 Waldemere Street, Sarasota, FL 34239
941.263.6732

AQUATIC PROGRAMMING - MEET THE INSTRUCTOR



Sharon Head Lifeguard

Sharon began her swimming career as a teenager in Attleboro, Massachusetts. Starting at an early age, she hung out at the local city pool every day during the summer. Swimming was her favorite activity during the hot summer days. Sharon liked swimming so much she became a member of the local Parks and Recreation swim team during the summer. Sharon's first job was Lifeguarding and teaching swim lessons at the same park she grew up at as a young child.

Fast forward a few years, after Sharon's children went on to college, she transitioned back into the work force. Sharon jump started her Lifeguarding career several years ago and is currently working for the City of Sarasota as the Head Lifeguard, Instructing American Sports and Fitness Associate Water Aerobics, swim lessons through Swim Lessons University, certifying individuals to become an American Red Cross Lifeguard and so much more.

Take a class with Sharon!

JOGAQUA

Jagaqua is a moderate impact Water Aerobics class that takes place in the deep end of the pool where buoyancy belts are utilized. The deep-water movements allow you to venture out on a journey with moves such as Cross-Country Skiing, Treading Water, Rock Climbing and more to get your heart rate going. Stationary movements are also incorporated in class to aid in strengthening core and other muscle groups. Sharon's class is always a great time especially if you enjoy 60's, 70's and 80's music. Come join us for a 45-minute journey with Sharon.

Tuesdays & Thursdays

1:00 pm – 1:55 pm

Age: 18+

\$3 per person

SAVE Purchase a 20-Visit Punch Card for \$55!

Call 941-263-6732 or register at LetsPlaySarasota.com



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Janelle Instructor

MEET JANELLE!

She has passion for helping people enjoy aquatic fitness at all levels.

- 15 + Years Experience
- Certified United States Water Fitness Association (USWFA) Instructor
- Member of the USWFA Committee
- Currently Studying Watsu* & Aquatic Therapy
**Watsu is a form of aquatic bodywork used for deep relaxation and passive aquatic therapy.*

Janelle prides herself on Adaptive Aquatic fitness programs for anyone with special needs or other challenges. Get ready for Smiles, Laughter, Fun & a Safe & Enjoyable Aquatic Workout!

Take a class with Janelle!

AQUA FIT AND TONING

This 45 minute class focuses on Cardio & Toning. This refreshing mix up low & high impact with various toning moves will get your day started with Energy! Some light stretching & breathing incorporated in each class. All levels welcome. Adaptive exercises available in all of Janelle's classes.

Tuesdays, Wednesdays, Thursdays

10:00 am – 10:45 am

Age: 18+

\$3 per person

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