



## POOL SCHEDULE

\*Aquatics group fitness class descriptions on back\*

Effective 8/16/21

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
5-8:45 am Lap Swim	5-7:45 am Lap Swim	5-8:45 am Lap Swim	5-7:45 am Lap Swim	5-8:45 am Lap Swim	6-8:15 am Lap Swim	9-10:15 am Lap Swim
9-9:45 am <b>Aqua Jazz</b> (Gayle)	8-8:45 am <b>Aqua Low</b> (Gwen)	9-9:45 am <b>Aqua Jazz</b> (Gayle)	8-8:45 am <b>Aqua Low</b> (Gwen)	9-9:45 am <b>Aqua Low</b> (Dana)	8:30-9:15 am <b>AquaFit</b> (Vicki)	10:30-1:30 pm Swim Lessons
10-10:45 am <b>Aqua Fit</b> (Sue)	9-11 am Open Swim	10-10:45 am <b>Aqua Fit</b> (Sue)	9-11 am Open Swim	10-12 pm Open Swim	9:30-11:30 Swim Lessons	
11-12 pm Open Swim	11-11:45 am <b>HydroFit</b> (Gayle)	11-12 pm Open Swim	11-11:45 am <b>HydroFit</b> (Gayle)	12:15-4 pm Lap Swim	12-1 pm Lap Swim	
12:15-4 pm Lap Swim	12-2:45 pm Lap Swim	12:15-4 pm Lap Swim	12-2:45 pm Lap Swim	4-6:30 pm WAVES	1-3:30 pm WAVES	
4-6:30 WAVES	3-5 pm Swim Lessons	4-6:30 WAVES	3-5 pm Swim Lessons	6:30-8:30 pm Lap Swim		
6:30-8:30 Lap Swim	5-7:30 pm WAVES	6:30-8:30 Lap Swim	5-7:30 pm WAVES			
	7:30-8:30 pm Lap Swim		7:30-8:30 pm Lap Swim			



## **Aquatics Group Exercise Class Descriptions**

**AQUA JAZZ:** Jazz music while performing yoga, flexibility, balance, strengthening tasks in the shallow end, all mixed in with fun and at times, teamwork.

**HYDRO FIT:** Uses the entire pool, deep and shallow ends. Uses various equipment, such as bells, boards, and noodles. Includes core work, cardio, strength, and mobility movements in the water.

**AQUA FIT:** Enjoy the benefits of aerobics, weights, and stretching in one workout. This class is designed for participants to use water resistance to develop the 3 components of fitness: cardio, muscle endurance, and flexibility. Come get AQUA FIT!

**AQUA LOW:** A low impact, low intensity class designed to help joint mobility and relieve discomfort. Optional deep water exercises may be modified to be performed in the shallow end. Swimming skills are not required.

## **Child Care Hours**

Monday-Thursday: 9:00 am-11:00 am, 5:00 pm-7:00 pm

Friday: 9:00 am-11:00 am

## **Facility Hours**

Monday-Friday: 5:00 am-9:00 pm

Saturday: 6:00 am-4:00 pm

Sunday: 9:00 am-2:00 pm