



Schedule for Pool & Aquatic Classes—Effective 7/1/19

All classes are included with your membership

Monday

8:00 am – 6:00 pm

- 8:00-9:00 Water Walking/Open Swim
- 9:30-10:15 Stronger Every Day
- 10:30-11:15 SilverSneakers® Splash
- 11:30-12:30 Lap Swim (4 lanes)*
- 12:30-2:00 Open Swim
- 2:00-2:45 Arthritis & Balance
- 3:15-6:00 Lap Swim(2 Lanes)* /Open Swim

Tuesday

8:00 am – 7:00 pm

- 8:00-9:00 Water Walking/Open Swim
- 9:30-10:15 Stronger Every Day
- 10:30-11:15 Making Waves
- 11:30-12:30 Lap Swim (4 lanes)*
- 12:30-2:00 Open Swim
- 2:00-2:45 SilverSneakers® Splash
- 2:45-3:45 Supervised Aquatics
- 4:00-5:30 Water Volleyball
- 5:45-7:00 Lap Swim(2 Lanes)* /Open Swim

Wednesday

8:00 am – 6:00 pm

- 8:00-9:00 Water Walking/Open Swim
- 9:30-10:15 Stronger Every Day
- 10:30-11:15 SilverSneakers® Splash
- 11:30-12:30 Lap Swim (4 lanes)*
- 12:30-2:00 Open Swim
- 2:00-2:45 Arthritis & Balance
- 3:15-4:30 Lap Swim(2 Lanes)* /Open Swim
- 4:30-5:45 Family Swim** /Open Swim

Thursday

8:00 am – 7:00 pm

- 8:00-9:00 Water Walking/Open Swim
- 9:30-10:15 Stronger Every Day
- 10:30-11:15 Making Waves
- 11:30-12:30 Lap Swim (4 lanes)*
- 12:30-2:00 Open Swim
- 2:00-2:45 SilverSneakers® Splash
- 4:00-5:30 Water Volleyball
- 5:45-7:00 Lap Swim(2 Lanes)* /Open Swim

Friday

9:00 am—1:00 pm

- 9:15-10:00 Relaxation Aquacize
- 10:15-1:00 Lap Swim(2 Lanes)* /Open Swim

Saturday

9:00 am—2:00 pm

- 9:15-10:00 Lap Swim (4 lanes)*
- 10:00-12:00 Water Walking/Open Swim
- 12:00-1:45 Family Swim** /Open Swim

*During Lap Swim if members are waiting for a lane, a 20 minute time limit will be enforced

**Children must be supervised and potty-trained



Aquatic Class Descriptions

ALL CLASSES ARE INCLUDED WITH MEMBERSHIP

Arthritis & Balance: A low impact/intensity water workout for people with arthritis and arthritis-related health issues. In this class you will concentrate on joints and exercises designed to increase your range of motion. The class also includes a variety of exercises to strengthen core muscles and improve balance. This program is based on the aquatic exercise program recommended by the Arthritis Foundation.

SilverSneakers® Splash: In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

Family Swim: During family swim, members are allowed to bring guests with them to enjoy the pool. This is the only time members may bring a guest under the age of 14, the member must supervise them at all times, and young guests must be potty-trained!

Lap Swim: Lap swimmers will follow open lap swimming rules: 1. Come to the pool expecting to circle swim/share a lane. 2. Respect enforced 20 minute time limit when others are waiting for a lane. 3. Lane restrictions when combined with open swim.

Making Waves: This high intensity/impact class focuses on cardiovascular interval training to increase your overall endurance.

Open Swim: During open swim, members can enjoy the pool, exercise, and socialize! Please be mindful of others in the pool during this time.

Stronger Every Day: This high intensity/impact class uses a variety of equipment (noodles, barbells, etc.). This class focuses on balance, coordination, range of motion, and muscle strengthening exercises.

Relaxation Aquacize: This low intensity/impact class uses a combination of Tai Chi, Pilates, and Yoga movements to increase strength and flexibility. Enjoy a relaxing change of pace with this class.

Water Volleyball: Come and enjoy some friendly competition and get a great workout at the same time! A softer ball is used and a sense of humor is more important than athletic ability!

Water Walking: This is a self-guided program. Walking in the water offers several benefits over taking your typical stroll on land. Changing your water walking routine keeps it interesting while allowing you to work different muscles as part of the exercise. Walking patterns are available; please see lifeguard.