

Pool & Aquatic Classes Schedule



Effective 09.19.22 - 10.07.22

Monday | 8:00 am - 5:00 pm

8:00 - 8:45	Lap Swim
9:00 - 9:45	Open Swim/Water Walking
10:00 - 10:45	Lap Swim
11:00 - 11:45	SilverSneakers® Splash (Katelyn)
12:30 - 1:15	Arthritis & Balance Aquacise (Richie)
1:30 - 2:15	Open Swim/Water Walking
2:30 - 3:15	Lap Swim
3:30 - 5:00	Open Swim/Water Walking

Tuesday | 8:00 am - 5:00 pm

8:00 - 8:45	Open Swim/Water Walking
9:00 - 9:45	SilverSneakers® Splash (Richie)
10:00 - 10:45	Open Swim/Water Walking
11:00 - 11:45	Lap Swim-2 lanes/Open Swim
12:30 - 1:15	Open Swim/Water Walking
1:30 - 2:15	Lap Swim
2:30 - 4:30	Water Volleyball
4:30 - 5:00	Open Swim/Water Walking

Wednesday | 9:00 am - 5:00 pm

9:00 - 9:45	Open Swim/Water Walking
10:00 - 10:45	Lap Swim
11:00 - 11:45	SilverSneakers® Splash (Katelyn)
12:30 - 1:15	Arthritis & Balance Aquacise (Leah)
1:30 - 2:15	Open Swim/Water Walking
2:30 - 3:15	Lap Swim
3:30 - 5:00	Open Swim/Water Walking

Thursday | 8:00 am - 5:00 pm

8:00 - 8:45	Open Swim/Water Walking
9:00 - 9:45	SilverSneakers® Splash (Katelyn)
10:00 - 10:45	Open Swim/Water Walking
11:00 - 11:45	Lap Swim (2 lanes)/Open Swim
12:30 - 1:15	Open Swim/Water Walking
1:30 - 2:15	Lap Swim
2:30 - 4:30	Water Volleyball
4:30 - 5:00	Open Swim/Water Walking

Friday | 8:00 am - 1:45 pm

8:00 - 8:45	Open Swim/Water Walking
9:00 - 9:45	SilverSneakers® Splash (Richie)
10:00 - 10:45	Open Swim/Water Walking
11:00 - 11:45	Lap Swim
12:00 - 12:45	Open Swim/Water Walking
1:00 - 1:45	Lap Swim

****Lap Swim Sessions are for swimming laps ONLY***

****Lap Swim (2 lanes)/Open Swim will only have 2 lanes available***

****If others are waiting for a lap lane, 20 min time limit will be enforced, this includes the 2-lap lane session.***

****Showers in locker rooms are first come first serve***

****Instructors subject to change without notification***

The Pool is CLOSED each day from 12:00 -12:30 pm, except Fridays.

Aquatic Class Descriptions

All classes are included with membership

Arthritis & Balance Aquacise - 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. This class also includes a variety of exercises to strengthen core muscles and improve balance.

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.

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

SilverSneakers® Splash - This class uses a variety of equipment (noodles, barbells, etc.). The focus is on cardio, balance, coordination, range of motion, and muscle strengthening exercises.

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.

HIIT the Water - HIIT stands for high-intensity interval training which alternates short periods of an anaerobic exercise followed by a brief recovery period. This is a higher element of intensity than our typical water aerobics class by using the resistance of the water and keeping your heart rate elevated. HIIT workouts are typically 15 - 20 minutes in length (excluding warm up and cool down).

Classes are 30-45 minutes in duration.