

# POOL SCHEDULE – January 21st –February 29th

## LAP SWIMMING AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6am (3) 6am-7am (1-2) 7am-4pm (3) 4pm-6pm (2) 6pm-8pm (1) 8:45pm-9:30pm (3)  <b>SPA CLOSSES AT 8:30PM, Re-Opens Tuesday 9am</b>	5:30am-12:15pm (3) 12:15pm-1:15pm (2) 1:15pm-4:30pm (3) 4:30pm-8:30pm (2) 8:30pm-9:30pm (3)	5:30am-6am (3) 6am-7am (1-2) 7am-4pm (3) 4pm-6pm (2) 6pm-7:30pm (1) 7:30pm-9:30pm (3)	5:30am-12:15pm (3) 12:15pm-1:15pm (2) 1:15pm-4:30pm (3) 4:30pm-8:30pm (2) 8:30pm-9:30pm (3)	5:30am-6am (3) 6am-7am (1-2) 7am-10:30pm (3) 10:30am-1:45pm (2) 1:45pm-4pm (3) 4pm-7:30pm (2) 7:30pm-9:30pm (3)	7:30am-1:15pm (2) 1:15pm-6:30pm (3)	8am-9:30am (3) 9:30am-10:30am (2) 10:30am-2:00pm (3) 2:00pm -5:30pm (2)

## OPEN SWIM AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am-9am 11:30am—6pm 7:20pm-9:30pm  <b>SPA CLOSSES AT 8:30PM, Re-opens Tuesday 9am</b>	7am-9am 10am-12:15pm 1:15pm—4pm 7:15pm-9:30pm	7am-9am 11:30am-6pm 7:20pm-9:30pm	7am-9am 11:30am-4pm 7:15pm-9:30pm	5:30am-6am 7am-9:30am 1:45pm-9:30pm	1:15pm-6:30pm	8am-5:30pm

## Using our lap lanes

Our Aquatic Center houses a six-lane, 25yd swimming pool. It is used for a variety of activities, including aerobic exercise classes, swim lessons, scuba classes, swim team, open swim and lap swimming. The layout of our pool allows us to have lap lanes available for our members while instructors are conducting classes. On average, there are three lap lanes available. However, there are occasional times that the deep area of the pool is needed for a class and only one or two lanes are available. Many times lap swimmers are fortunate enough to have a lane to themselves but should you encounter a busier time, the following guidelines should be used:

1. If there is one person in each of the lanes, sharing lanes will be required. Each swimmer would then swim up and back in his/her side of the lane.
2. If there are two swimmers using the lane, then “Circle Swimming” will be required. Each swimmer would then swim in a counter-clockwise direction (i.e. swim down on the right side of the lane and back on the left). Try to choose a lane where the swimmers are of similar ability.
3. When sharing a lane, remember to move to the side of the lane while resting so you are not blocking the wall.
4. Children are allowed to use the lap lanes if they are *swimming* laps.
5. You may use the open swim area to swim laps but remember this area is open to all.
6. There are no time limits for lap lane use, however, we ask that you be considerate to those wishing to share a lane.

**PLEASE SEE REVERSE SIDE FOR POOL PROGRAMS/WATER EXERCISE CLASSES!**

# POOL SCHEDULE – January 21<sup>st</sup>-February 29th

## *POOL PROGRAMS/WATER EXERCISE CLASSES*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am-7am Masters  8am-9am Arthritis Plus (Amy M) 9am-10am Pumping H2O (Jenni)  10:30am-11:30am Back to Basics Lessons 12:15pm-1pm Splash N Dash (Donna)  4pm--8:45pm Swim Team 6:10pm-7:20pm Swim Lessons  6:15pm-7pm Boot Camp (Amy Bloom) 7pm-8pm Deep H2O (Amy M)	8am-9am Senior H2O (Donna) 9am-9:45am Aqua Zumba (Jo)  9am-11:30am Swim Lessons  12:30pm-1:15pm Deep H2O (Amy Bloom)  4pm-7:15pm Swim Lessons  5pm-5:40pm Stroke Clinic  5:50pm-6:35pm Swim Team 7:15pm-8:45pm Masters/Swim Team	6am-7am Masters  8am-9am Arthritis Plus (Solveig) 9am-10am Aqua Zumba (Jo)  9:00am-10:00am Aqua Boot Camp (Candy)  10:30am-11:30am Masters  12:15pm-1pm Splash N Dash (Donna)  4pm-8:45pm Swim Team  6:10pm-7:20pm Swim Lessons  6:30pm-7:30pm Deep H2O (Wendy)	8am-9am Arthritis Plus (Solveig) 9am-9:45am Aqua Zumba (Jo) 9am-11:30am Swim Lessons 10:30am-11:30am Back to Basics Lessons  12:15pm-1pm Deep H2O (Jenni) 4pm-7:15pm Swim Lessons 5pm-5:50pm Stroke Clinic  5:50pm-6:35pm Swim Team 7:15pm-8:45pm Swim Team 7:15pm-8:00pm Deep Water Running & Core ( Amy B)	6am-7am Masters  8am-9am Arthritis Plus (Vicki) *9:30am-10:30am Core & More (Aimee W)  10:30am-1:45pm Home School Lessons  4pm-7pm Swim Team  7:00pm-8:00pm Deep H2O (Christina)	7:30am-8:30am Masters  10:00am – 11:00am Pumping H2O (rotating)  9am-1:15pm Swim Lessons  8:30am-10:00am Swim Team  **SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!	9:30am-10:30am Deep H2O (Amy, Amy, Christina)  2pm-3:45pm Swim Team  3:45pm-5:30pm Swim Clinic  PLEASE SEE REVERSE SIDE for LAP SWIMMING AVAILABILITY & SPA Closings!

### AQUATIC EXERCISE CLASS DESCRIPTION

- ARTHRITIS PLUS** – *All Levels* – A great cardio muscle-conditioning workout for all ages with any degree of arthritis with an additional cardio workout. Classes are held in the training pool.
- CORE & MORE** – *All Levels* – A water aerobics class that will focus on core and back exercises.
- DEEP H2O** – *All Levels* – Easy to follow, fun, safe and effective deep water exercises for total fitness with emphasis on core strengthening and toning of the much troubled abdominal and back region. Classes held in the deep side of the lap pool.
- PUMPING H2O** – *All Levels* – A shallow water cardio workout that challenges you with fun, time-efficient exercises for muscle toning & strengthening balance, posture, coordination, agility, flexibility, and much more.
- SPLASH & DASH** – *Beginner to Intermediate* – Take a stroll or a brisk walk (and much more) in the water and enjoy the company of friends. Classes are held in the training pool.
- \*\*NEW\*\*DEEP WATER RUNNING AND CORE** – is a no-impact & high intensity program, which emphasizes cardiovascular strength, endurance, flexibility, range of motion and core strength. Participants will use floatation belts (provided at class) and no swimming skills are necessary. This program will be beneficial to runners, tri-athletes, and other active exercisers who are looking for a challenging workout to complement their land based training, or who are coming back from a layoff and are looking for a vigorous, no impact alternative.
- AQUA BOOT CAMP** –*All levels* – A non-weight bearing exercise class that combines cardiovascular strength, abdominal, and aerobic training. You’re sure to improve your cardiovascular conditioning as well as muscular strength and endurance while having fun in the pool.
- AQUA ZUMBA**–*All levels* –Hi-Lo impact water dance class with Latin Style! High energy and great cardio workout.