

POOL SCHEDULE – January 26-February 28, 2017 (Updated 1/25/17)

Lap Swimming Availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6am (4) 6-7am (2) 7-8:45am (4) 8:45-3:50pm (3) 3:50-4:40pm (2) 4:40-5:40pm (1) 5:40-6:10pm (2) 6:10-8pm (1) 8-9pm (2) 9-9:30pm (3)	5:30-8:45am (4) 8:45-11:20am (3) 11:20-1:15pm (2) 1:15-3:10pm (3) 3:10-5pm (2) 5-6:40pm (1) 6:40-7pm (2) 7-8:30pm (1) 8:30-9pm (2) 9-9:30pm (3)	5:30-6am (4) 6-7am (2) 7-8:45am (4) 8:45-10:30am (3) 10:30-11:30am (2) 11:30-4pm (3) 4-4:40pm (2) 4:40- 7:50pm (1) 7:50-9pm (2) 9-9:30pm (3)	5:30-8:45am (4) 8:45-11:20am (3) 11:20-1:15pm (2) 1:15-3:10pm (3) 3:10-5pm (2) 5-6:40pm (1) 6:40-7pm (2) 7-8pm (1) 8-9pm (2) 9-9:30pm (3)	5:30-7:10am (2) 7:10-9:10am (4) 9:10-10:40am (3) 10:40-12:20pm (2) 12:20-3:50pm (3) 3:50-6:20pm (2) 6:20-7:30pm (1) 7:30-9pm (2) 9-9:30pm (3)	7-8:30am (3) 8:30-9am (2) 9-12:15pm (1) 12:15-1:15pm (2) 1:15-6:30pm (3)	8-9:30am (2) 9:30-3:20pm (3) 3:20-5:30pm (2)
SPA CLOSSES at 8:30PM	SPA OPENS at 9am					

Open Swim / Water Walking Availability - Water Walking times are intended for EXERCISE ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Open Swim in am:</u> 7:30am – 9am	<u>Open Swim in am:</u> 7:30am – 9am	<u>Open Swim in am:</u> 7:30am – 9am	<u>Open Swim in am:</u> 7:30am – 9am	<u>Open Swim in am:</u> 7:30am – 9am	<u>Open swim:</u> 12:15pm – 6:30pm	<u>Open swim:</u> 11:30am – 5:30pm
10am-11am Water Walking	10am-11am Water Walking	10am-10:45am Water Walking	10am-11am Water Walking	10:15am-10:45am Water Walking		
<u>Open swim in pm:</u> 11:30am – 4:50pm 7:15pm-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:50pm 7:15pm-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:50pm 7:15pm-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:50pm 7:15pm-9:30pm	<u>Open swim in pm:</u> 12:15pm – 9:30pm	<i>In Small Pool –</i> 1:30-6:15pm Unless Birthday Party Lap Pool all other times	<i>In Small Pool –</i> 1:30-5:15pm Unless Birthday Party Lap Pool all other times
<i>In Small Pool –</i> 3-4:50pm & 7:15-9pm Lap Pool all other times	<i>In Small Pool –</i> 3-4:50pm & 7:15-9pm Lap Pool all other times	<i>In Small Pool –</i> 3-4:50pm & 7:15-9pm Lap Pool all other times	<i>In Small Pool –</i> 3-4:50pm & 7:15-9pm Lap Pool all other times	<i>In Small Pool –</i> 3pm – 8:30pm Lap Pool all other times		
SPA CLOSSES at 8:30PM	SPA OPENS at 9:30AM					

Using our lap lanes

Our Aquatic Center houses a six-lane, 25yd swimming pool, and a smaller training pool, both used for a variety of activities, including aerobic exercise classes, swim lessons, scuba classes, swim team practices, open swim and lap swimming. Designated open swim spaces can be used for any activity. 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 available for lap swim, you may have to share a lane. Try to choose a lane where the swimmer(s) is of similar ability.
2. If there are more than 2 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).
3. Also 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 only 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 26-February 28, 2017 (Updated 1/25/17)

WATER EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am-7am Masters Swimming	8am-9am Senior H2O (Amy M)	6am-7am Masters Swimming	8am-9am Arthritis Plus (Amy M)	5:30am-7am Masters Swimming	7:15am-8:15am Masters Swimming	9:30am-10:30am Aqua Zumba (Michelle)
8am-9am Arthritis Plus (Amy M)	9am-9:45am Aqua Zumba (Heather)	8am-9am Arthritis Plus (Jody)	9am-9:45am Aqua Zumba (Michelle)	8am-9am Arthritis Plus (Vicki)	8:15am-9am Beginning Swimming for Adults	11am-12pm Back to Basics Swimming for Adults
9am-10am Pumping H2O (Amy M)	11:30am-12:30pm Back to Basics Swimming for Adults	9am-10am Pumping H2O (Amy M)	11:30am-12:30pm Back to Basics Swimming for Adults	9:15am-10:15am Core & More (Aimee)	10:15am – 11:15am Pumping H2O (Karen)	
12:15pm-1pm Splash N Dash (Donna)	12:30pm-1:15pm Deep H2O (Aimee W)	10:30am-11:30am Masters Swimming	11:30pm-12:15pm Deep H2O (Aimee)	12:15pm-12:45pm Beginning Swimming for Adults	SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!	PLEASE SEE REVERSE SIDE for Lap Swim, Open Swim, Water Walking Availability & SPA Closings!
6:15pm-7pm Aqua Boot Camp (Amy B)	7:30pm-8:30pm Masters Swimming	12:15pm-1pm Splash N Dash (Donna)	7:15pm-8pm Deep Water Running & Core (Amy B/Amy M)	6:30pm-7:30pm Deep H2O (Karen/Wendy)		
7:15pm-8pm Deep H2O (Aimee W)		6:45pm-7:45pm Deep H2O (Wendy)				

AQUATIC CLASS DESCRIPTIONS:

ARTHRITIS PLUS – *All Levels* – A great cardio muscle-conditioning workout for all ages with any degree of arthritis with an additional cardio workout.

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.

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.

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.

PUMPING H2O – *All Levels* – A shallow water cardio workout that challenges you with fun, time-efficient exercises for muscle toning & strengthening balance, coordination, much more.

SENIOR H2O – *Beginner to Intermediate* – Class formulated just for those 60 and older. Free to members or \$5 for nonmember seniors.

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.

MASTERS SWIMMING:

We welcome lap swimmers of all levels to have the opportunity to enhance their swimming skills, train with a "team," and increase their overall fitness through consistent, quality swim sessions. Choose the practice schedule that fits your lifestyle – swim during the week – day and/or evening, Saturdays or both. Our professional coaches and structured 'practices' will provide the motivation and knowledge to take your swimming to a whole new level. Contact Front Desk or Aquatics Director for more information.