

POOL SCHEDULE: January 2019 (Updated 1/1/19)

Lap Swimming Availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6am (4) 6am-7:10am (2) 7:10am-8:50am (4) 8:50am-3:15pm (3) 3:15pm-5:15pm (2) 5:15pm-8:10pm (1) 8:10pm-9pm (2) 9pm-9:30pm (3)	5:30am-8:50am (4) 8:50am-12:30pm (3) 12:30pm-1:15pm (2) 1:15pm-3:30pm (3) 3:30pm-5:15pm (2) 5:15pm-8:30pm (1) 8:30pm-9pm (2) 9pm-9:30pm (4) SPA CLOSED 2-8PM	5:30am-6am (4) 6am-7:10am (2) 7:10am-8:50am (4) 8:50am-10:40am (3) 10:40am-12:20pm (2) 12:20pm-3:15pm (3) 3:15pm – 4:15pm (2) 4:15pm-8pm (1) 8pm-9pm (2) 9pm-9:30pm (3)	5:30am-8:50am (4) 8:50am-12:30pm (3) 12:30pm-1:15pm (2) 1:15pm-3:30pm (3) 3:30pm-5:15pm (2) 5:15pm- 8:10pm (1) 8:10pm-9pm (2) 9pm-9:30pm (4)	5:30am-7:10am (2) 7:10am-8:50am (4) 8:50am-10:40am (3) 10:40am-12:20pm (2) 12:20pm-3:15pm (4) 3:15pm-6:20pm (2) 6:20pm-7:40pm (1) 7:40pm-9:30pm (2)	7am-8:20am (3) 8:20am-9am (2) 9am-11:30am (1) 11:30am-4pm (2) 4pm-6:30pm (3)	8am-9:30am (2) 9:30am-3:15pm (3) 3:15-5:30pm (2)
					Lifeguard class: Friday 1/4 – Sunday 1/6 Lane space may differ from posted schedule. Call ahead for lane availability.	

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> 12pm-5:30pm
10am-11:15am Water Walking	10am-11:15am Water Walking	10am-10:45am Water Walking	10am-11:15am Water Walking	10am-10:45am Water Walking	<i>In Small Pool</i> 1:15pm – 6pm	<i>In Small Pool</i> 1:15pm – 5pm
<u>Open swim in pm:</u> 11:30am – 6pm 7:10pm-9:30pm	<u>Open swim in pm:</u> 11:30am – 9:30pm	<u>Open swim in pm:</u> 12:30pm – 9:30pm	<u>Open swim in pm:</u> 11:30am – 9:30pm	<u>Open swim in pm:</u> 12:30pm – 9:30pm	Unless Birthday Party Lap Pool all other times	Unless Birthday Party Lap Pool all other times
<i>In Small Pool –</i> 3-6pm & 7:10-9pm Lap Pool all other times	<i>In Small Pool –</i> 3 – 9pm Lap Pool all other times	<i>In Small Pool –</i> 3 – 9pm Lap Pool all other times	<i>In Small Pool –</i> 3 – 9pm Lap Pool all other times	<i>In Small Pool –</i> 3pm – 8:45pm Lap Pool all other times		

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. Also when sharing a lane, remember to move to the side of the lane while resting so you are not blocking the wall.
3. 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).
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 2019 (Updated 1/1/19)
POOL PROGRAMS/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 Pumping H2O (Maura)	8am-9am Arthritis Plus (Jody)	9am-9:45am Aqua Zumba (Michelle)	8am-9am Arthritis Plus (Vicki)	8:30am-10am & 12:30-4pm Fox Swimming	10am-1pm MarTar Swim
9am-10am Pumping H2O (Amy M)	9:15am-10am Group Swim Lessons	9am-10am Deep H2O (Amy M)	12:30pm-1:15pm Deep H2O (Christine)	9am-10am Core & More (Christine)	10:15am-11:15am Pumping H2O (Karen)	10am-11am Back to Basics (Kathy)
12:30pm-1:15pm Splash -n- Dash (Donna)	12:30pm-1:15pm Deep H2O (Charlotte)	10:30am-11:30am Masters Swimming	3:30pm-9pm Fox Swimming	3:15pm-9pm Fox Swimming	9:30am-12:30pm MarTar Swim	11am-12pm Beginning Swimming for Adults (Kathy)
3:15pm-9pm Fox Swimming	3:30pm-9pm Fox Swimming	12:30pm-1:15pm Splash -n- Dash (Donna)	5:30pm-6:30pm Swim Clinic & Teen Fitness Swimming	6:30pm-7:30pm Deep H2O (Karen/Wendy)		
5pm-6pm Junior Team	5:30pm-6:30pm Swim Clinic & Teen Fitness Swimming	3:15pm-9pm Fox Swimming	6:30pm-7:30pm Senior Team			
6:15pm-7pm Aqua Boot Camp (Amy B)	6:30pm-7:30pm Senior Team	5pm-6pm Junior Team	7:15pm-8pm Deep Water Running & Core (Amy B/Amy M)		SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!	See reverse side for Lap Swim, Open Swim & Water Walking Availability
7:15pm-8pm Deep H2O (Wendy)	7:30pm-8:30pm Masters Swimming	7pm-8pm Deep H2O (Wendy)				
	SPA CLOSED 2-8PM					

**Lifeguard class:
Friday, 1/4 – Sunday, 1/6
Lane space may differ from posted
schedule. Call ahead for lane availability.**

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.