

POOL SCHEDULE – March 2017 (Updated 3/3/17)

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 – 9pm Lap Pool all other times		
SPA CLOSSES at 8:30PM	SPA OPENS at 9:30AM					

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 basic guidelines are posted above the water fountain on the pool deck. Following is a short list of those guidelines:

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
3. 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 – March 2017 (Updated 3/3/17)
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	8am-9:30am Fox Swimming
8am-9am Arthritis Plus (Amy M)	9am-9:45am Pumping H₂O (Kelly)	8am-9am Arthritis Plus (Jody)	9am-9:45am Aqua Zumba (Michelle)	8am-9am Arthritis Plus (Vicki)	8:15am-9am Beginning Swimming for Adults	9:30am-10:30am Aqua Zumba (Michelle)
9am-10am Pumping H₂O (Amy M)	9:40am-10:50am Group Swim Lessons	9am-10am Pumping H₂O (Amy M)	9:40am-10:50am Group Swim Lessons	9:15am-10:15am Core & More (Elizabeth)	8:30am-10am Fox Swimming	11am-12pm Back to Basics Swimming for Adults
10am-11:10am Group Swim Lessons	11:30am-12:30pm Back to Basics Swimming for Adults	10am-11:10am Group Swim Lessons	11:30am-12:30pm Back to Basics Swimming for Adults	10:45am-12:15pm Home School Swim	9am-12:10pm Group Swim Lessons	10:30am- 1:30pm MarTar Swimming
12:15pm-1pm Splash N Dash (Donna)	12:30pm-1:15pm Deep H₂O (Kari)	10:45am-12:15pm Home School Swim	11:30pm-12:15pm Deep H₂O (Elizabeth)	12:15pm-12:45pm Beginning Swimming for Adults	9:30am-1:30pm MarTar Swimming	3:30pm-5:30pm Swim Clinics
4pm-9:15pm Fox Swimming	3:15pm-9pm Fox Swimming	10:30am-11:30am Masters Swimming	3:15pm-9:15pm Fox Swimming	4pm-9pm Fox Swimming	10:15am – 11:15am Pumping H₂O (Karen)	
4:45pm-5:30pm Junior Team	5pm-7:10pm Group Swim Lessons	12:15pm-1pm Splash N Dash (Donna)	5pm-7:10pm Group Swim Lessons	6:30pm-7:30pm Deep H₂O (Karen/Wendy)	SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!	PLEASE SEE REVERSE SIDE for Lap Swim, Open Swim, Water Walking Availability & SPA Closings!
5pm-7:10pm Group Swim Lessons	5:30pm-6:30pm Swim Clinic & Teen Fitness Swimming	4pm-9:15pm Fox Swimming	5:30pm-6:30pm Swim Clinic & Teen Fitness Swimming			
6:15pm-7pm Aqua Boot Camp (Amy B)	6:30pm-7:30pm Senior Team (White Team)	4:45pm-5:30pm Junior Team	6:30pm-7:30pm Senior Team (White Team)			
7:15pm-8pm Deep H₂O (Wendy)	7:30pm-8:30pm Masters Swimming	5pm-7:10pm Group Swim Lessons	7:15pm-8pm Deep Water Running & Core (Amy B/Amy M)			

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.