

**POOL SCHEDULE: March 2020**

***Lap Swimming Availability***

*For the health and comfort of all, Health Unlimited asks that members and guests refrain from using fragrances such as perfumes, colognes, oils, and similarly scented products while using the pool.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am-9:30am (2) 9:30am-2:15pm (3) 2:15-5:30pm (2)	5:30am-6am (4) 6am-7:10am (2) 7:10am-8:50am (4) 8:50am-3:15pm (3) 3:15pm-4:15pm (2) 4:15pm-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-3:15pm (3) 3:15pm-4:15pm (2) 4:15pm-8:30pm (1) 8:30pm-9pm (2) 9pm-9:30pm (4)  <b>SPA CLOSED 2-9:30pm</b>	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- 8:10pm (1) 8:10pm-9pm (2) 9pm-9:30pm (4)	5:30am-8:50am (4) 8:50am-12:30pm (3) 12:30pm-1:15pm (2) 1:15pm-3:15pm (3) 3:15pm-4:15pm (2) 4:15pm- 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-3:20pm (4) 3:20pm-6:20pm (2) 6:20pm-7:40pm (1) 7:40pm-9:30pm (2)	7am-8:20am (3) 8:20am-9am (2) 9am-12:15pm (1) 12:15pm-4pm (2) 4pm-6:30pm (3)

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Open swim:</u> 12pm-5:30pm <i>In lap pool 12-1pm</i>	<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
<b>10:30am-12pm Water Walking</b> (in shallow lane)	<b>10am-11:15am Water Walking</b>	<b>10am-11:15am Water Walking</b>	<b>10am-10:40am Water Walking</b>	<b>10am-11:15am Water Walking</b>	<b>10am-10:40am Water Walking</b>	<i>In lap pool – 12:15-1pm &amp; 6-6:30pm</i>
<i>In Small Pool – 1pm – 5:30pm If birthday party is scheduled, open swim moves to lap pool for the duration of the party.</i>	<u>Open swim in pm:</u> 12:30pm – 4:15pm 7:10pm-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:15pm 7:30pm-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:15pm 7:30pm-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:15pm 7:30pm-9:30pm	<u>Open swim in pm:</u> 12:30pm – 9:30pm	<i>In Small Pool – 1pm – 6pm If birthday party is scheduled, open swim moves to lap pool for the duration of the party.</i>
	<i>In Small Pool – 3-4:15pm &amp; 7:30-9pm Lap Pool all other times</i>	<i>In Small Pool – 3-4:15pm &amp; 7:30-9pm Lap Pool all other times</i>	<i>In Small Pool – 3-4:15pm &amp; 7:30-9pm Lap Pool all other times</i>	<i>In Small Pool – 3-4:15pm &amp; 7:30-9pm Lap Pool all other times</i>	<i>In Small Pool – 3:30pm – 9pm Lap Pool all other times</i>	

**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. At 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 swim space for 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: March 2020**

**POOL PROGRAMS/WATER EXERCISE CLASSES**

*For the health and comfort of all, Health Unlimited asks that members and guests refrain from using fragrances such as perfumes, colognes, oils, and similarly scented products while using the pool.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am-9:30am Fox Swimming	6am-7am Masters Swimming		6am-7am Masters Swimming		5:30am-7am Masters Swimming	7:15am-8:15am Masters Swimming
9:30am-10:30am Aqua Zumba (Katie)	8am-9am Arthritis Plus (Amy M)	8am-9am Senior H2O (Amy M)	8am-9am Arthritis Plus (Jody)	8am-9am Arthritis Plus (Amy M)	8am-9am Arthritis Plus (Vicki)	8:30am-10am & 12:30-4pm Fox Swimming
9:30am-1pm MarTar Swim	9am-10am Pumping H2O (Amy M)	9am-9:45am Pumping H2O (Maura)	9am-10am Deep H2O (Amy M)	9am-9:45am Aqua Zumba (Michelle)	9am-10am Core & More (Maura/Maureen)	8:15am-12:15pm Group Swim Lessons
10am-11am Beginning Swimming for Adults (Kathy)	12:30pm-1:15pm Water walk	12:30pm-1:15pm Deep H2O (Maureen)	10am-11am Masters Swimming	12:30pm-1:15pm Deep H2O (Maureen/Shelly)	Homeschool Swimming 10:45am-12:15pm	9:30am-1pm MarTar Swim
11am-12pm Back to Basics (Kathy)	3:15pm-9pm Fox Swimming	3:15pm-9pm Fox Swimming	Homeschool Swimming 10:45am-12:15pm	3:15pm-9pm Fox Swimming	12:30pm-1:15pm Water walk	10:15am-11:15am Pumping H2O (Karen)
2:20pm-5:20pm Sunday Swim Clinic	4:20pm-7pm Group Swim Lessons	4:20pm-7pm Group Swim Lessons	12:30pm-1:15pm Water walk	4:20pm-7pm Group Swim Lessons	3:15pm-9pm Fox Swimming	10:30am-1pm MarTar Swim
See reverse side for Lap Swim, Open Swim & Water Walking Availability	5:15pm-6:15pm Junior Team	5:30pm-6:30pm Swim Clinic & Teen Fitness Swimming	3:15pm-9pm Fox Swimming	5:30pm-6:30pm Swim Clinic & Teen Fitness Swimming		SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!
	6:15pm-7pm Aqua Boot Camp (Amy B/Tricia)	6:30pm-7:30pm Senior Team	4:20pm-7pm Group Swim Lessons	6:30pm-7:30pm Senior Team		
	7:15pm-8pm Deep H2O (Tricia)	7:30pm-8:30pm Masters Swimming	5pm-6pm Junior Team	7pm-8pm Deep H2O (Amy M)	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.

**CORE & MORE** – *All levels* – A non-impact cardio class that utilizes water as resistance. Cardio moves for heart health, aqua dumbbells for muscular strength, and a particular emphasis on core exercises to increase flexibility and spinal mobility. Takes place in the shallow end of the pool.

**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, triathletes, 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.