

AQUATICS CALENDAR

EAST POOL

In Effect Dec 4-Dec 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-7:00am Water Fitness		5:00-7:00am Water Fitness		5:00-7:00am Water Fitness	
7:00-7:45am Aqua Fit		7:00-7:45am Aqua Fit		7:00-7:45am Aqua Fit	
8:00-8:45am Aqua Mix		8:00-8:45am Aqua Mix		8:00-8:45am Aqua Mix	8:00-10:00am Water Fitness
		10:00-11:00am Stein + Klyn Adaptive PE <i>Dec 6</i>		9:30-10:45am Paddle & Play Open Swim <i>Skip Dec 29</i>	
11:00-12:00pm Aqua Fit		11:00-12:00pm Aqua Fit		11:00-12:00pm Aqua Fit	
11:00-12:00pm Deep Water Walking		11:00-12:00pm Deep Water Walking		11:00-12:00pm Deep Water Walking	
12:00-1:00pm Water Fitness		12:00-1:00pm Water Fitness		12:00-1:00pm Water Fitness	
		1:30-3:30pm Family Open Swim <i>Dec 27</i>		1:30-3:30pm Family Open Swim <i>Dec 8</i>	1:30-3:30pm Family Open Swim
4:30-7:00pm Swim Lessons <i>Thru Dec 4</i>	4:00-5:00pm Private Swim Lessons	4:30-7:00pm Swim Lessons <i>Thru Dec 6</i>	4:00-5:00pm Private Swim Lessons		
5:00-6:30pm Water Fitness <i>Dec 11 + 18</i>	5:00-6:30pm Water Fitness <i>Extended Hours</i>	5:00-6:00pm Water Fitness <i>Dec 13, 20, 27, Jan 3</i>	5:00-6:30pm Water Fitness <i>Extended Hours</i>	5:00-6:00pm Water Fitness	
6:30-7:00pm Swim Lessons <i>Dec 11 + 18</i>		6:30-7:00pm Swim Lessons <i>Dec 13</i>			
	6:30-8:00pm Family Open Swim <i>New Time</i>	6:00-7:30pm Family Open Swim <i>Dec 20, 27, Jan 3</i>	6:30-8:00pm Family Open Swim <i>New Time</i>	6:00-7:30pm Family Open Swim	
7:40-8:40pm Firm H2O		7:40-8:40pm Firm H2O			

WEST POOL

In Effect Dec 4-Dec 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-7:15am Lap Swim		5:15-7:15am Lap Swim		5:15-7:15am Lap Swim	8:00-10:00am Lap Swim
					10:00-11:30am Special Olympics Swim Team <i>Dec 9, 16, Jan 6, 13, 20, 27, Feb 3, 10, 17, 24</i>
					11:30-1:00pm Varsity Swim Team <i>Dec 16</i>
Nov 27-Dec 7 8:35-9:30am Kowal					
	Dec 11-Dec 22 + Jan 8-Jan 19 (skip Jan 15) 8:35-9:30am Draeger				
Nov 27-Dec 22 (skip Dec 8) 9:35-10:30am Kowal					
11:00-1:00pm Lap Swim		11:00-1:00pm Lap Swim		11:00-1:00pm Lap Swim	1:30-3:30pm Lap Swim
	Dec 11-Dec 22 + Jan 8-Jan 19 (skip Jan 15) 1:35-2:30am Draeger				
5:00-7:30pm Lap Swim <i>Extended Hours</i>	5:00-6:30pm Lap Swim <i>Extended Hours</i>	5:00-7:30pm Lap Swim <i>Extended Hours</i>	5:00-6:30pm Lap Swim <i>Extended Hours</i>	5:00-6:00pm Lap Swim	

Lap Swimmers: To ensure your spot in a lane, we encourage you to pre-register. Stop by or call our service desk at 748-3230 for more details.

CLASS AND PROGRAM DESCRIPTIONS

Aqua Burn: Class that combines shallow and deep water components to improve strength, endurance and cardiovascular performance.

Aqua Mix: A medium intensity deep water workout that combines cardio, core, and strength training. Class will incorporate interval training, resistance equipment, and suspended movements all designed to burn fat, increase cardiovascular fitness, and muscle tone.

Deep Water Walking: A non-instructor led aquatics program that allows you time in the pool to exercise at your own pace. The deep end of the pool only is available at this time. Fitness equipment is available.

Family Open Swim: A great time for all ages to enjoy the pool - from infants to teenagers to seniors and everyone in between! We have a diving board, youth water slide, basketball hoops and various pool toys and floats, along with life jackets, puddle jumpers and infant floats for non-swimmers. Come join the fun!

Firm H20: 30-min of shallow water HIIT and 30-min of strength and endurance training for a total body workout.

Aqua Burn: Class that combines shallow and deep water components to improve strength, endurance and cardiovascular performance.

Lap Swim: A great cardio workout that burns tons of calories and doesn't put stress on bones and joints.

Paddle & Play Open Swim: A special time in the pool for parents and young children to enjoy playtime with friends. For your convenience, we also provide life jackets, puddle jumpers and infant floats for non-swimmers.

Aqua Fit: A low-to-medium intensity shallow water class designed to improve joint stability, coordination, heart health, and strength. Class incorporates cardio and strength movements with low-to-no impact moves.

Water Fitness: A non-instructor led aquatics program that allows you time in the pool to exercise at your own pace. The shallow and deep ends of the pool are available at this time. Fitness equipment is available.