



Aquatics

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 a.m.				Water Running lap pool (45 min.)	Swimfit
8 a.m.		Aquacise lap pool			
9 a.m.	Water in Motion lap pool Stretch, Tone and Balance warm water pool (45 min.)	Stretch, Tone and Balance warm water pool (45 min.)	Water in Motion lap pool Stretch, Tone and Balance warm water pool (45 min.)	Aquatic Balance warm water pool (45 min.) Water Running lap pool (45 min.)	Whitewater Boot Camp lap pool (45 min.) Stretch & Tone warm water pool (45 min.)
10 a.m.	Aqua Energy lap pool	Water in Motion lap pool	Aquacise lap pool	Aqua HIIT lap pool (45 min.)	Aquacise lap pool
10:30 a.m.	Joints in Motion warm water pool (45 min.)		Joints in Motion warm water pool (45 min.)		Joints in Motion warm water pool (45 min.)
11:30 a.m.	Joints in Motion warm water pool (45 min.)		Joints in Motion warm water pool (45 min.)		Joints in Motion warm water pool (45 min.)
4 p.m.	Aqua Rec warm water pool (45 min.)	Water Running lap pool (45 min.)	Joints in Motion warm water pool (45 min.)		Aqua Rec warm water pool (45 min.)
5 p.m.		Stretch, Tone and Balance warm water pool (45 min.)		Stretch, Tone and Balance warm water pool (45 min.)	Family Swim Time (5-7 p.m.)
6 p.m.	Water in Motion lap pool	Aqua HIIT lap pool (45 min.)	Water in Motion lap pool	Whitewater Boot Camp lap pool (45 min.)	
7 p.m.	Family Swim Time (7-8 p.m.)	Swim Lessons	Family Swim Time (7-8 p.m.)	Swim Lessons	<i>pool closes at 7:30 p.m.</i>

WEEKEND HOURS

SATURDAY

Pool hours are 7 a.m. - 5:30 p.m.

9 a.m. - noon Swim Lessons

noon - 4 p.m. **Family Swim Time**

SUNDAY

Pool hours are 11:30 a.m. - 5:30 p.m.

noon - 4 p.m. **Family Swim Time**

Warm pool hours for Physical Therapy

9:45-10:30 a.m. – Monday/Wednesday/Friday

10 a.m. - noon – Tuesday/Thursday

1:30-3:30 p.m. – Monday – Friday

*Physical therapy also
may use one lane of the
lap pool Monday through
Friday from 8 a.m. to
6 p.m.*

The pool opens Monday through Friday at 5 a.m. and closes 30 minutes before the center closes.

Class Descriptions

AQUATIC PROGRAMS

Swim lessons for Adults and Children. Class size is limited, and pre-registration is required.

Classes are offered on Tuesday and Thursday evenings as well as Saturday mornings. Private lessons also are available.

**Cost: \$55/members;
\$80/non-members**

Children's Private Lessons (age 12 and younger)

- **Single – 30 minutes**
— \$22/members
— \$32/non-members
- **Buddy (two people) – 30 minutes**
— \$32/members
— \$42/non-members
Lap and warm water pools, based on individual/class needs
- **Adult private lessons – 30 minutes**
— \$32/members
— \$42/non-members

Family Swim Time. Members may bring their immediate family to swim and spend time together Saturdays and Sundays from noon - 4 p.m., Mondays and Wednesdays from 7-8 p.m. or Fridays from 5-7 p.m. Cost is \$3 for one child and \$5 for two or more children. Cost for non-members is \$20 each. Family Swim Time is included for WellKid members at no additional charge. Children 12 and under must be with a parent at all times.
Lap and warm water pools

Junior membership children (10-12 years old) may use the lap pool with their parents' supervision.

AQUATIC CLASSES

Aqua Balance. A 45-minute group class in warm water to increase postural awareness and center of gravity control while standing still and moving, improve stepping strategies, and increase flexibility and joint ease-of-movement.

All levels

Aqua Energy. All fitness levels benefit from a cardiovascular workout and have the ability to regulate pace. Includes strength training with water and weights. *Lap pool*
Intermediate – Advanced

Aqua HIIT. Short for "Aquatic High-Intensity Interval Circuit training," which incorporates short sections of timed, high-intensity interval training to increase your heart rate, which in turn burns more calories. *Lap pool*
Intermediate – Advanced

Aqua Rec. Fun and work is offered in this 45 minute class — 25 minutes of aquatic exercise and 20 minutes of volleyball fun.

Aquacise Class. A 55-minute program performed in waist- to chest-deep water. This class focuses on a full-body workout and is designed to strengthen and tone muscles while increasing cardio-respiratory endurance. *Lap pool*
All levels

Stretch, Tone and Balance. This 45-minute class is in the warm water pool and emphasizes muscle strength, balance and posture. Class uses water weights, noodles and boards to strengthen the body from head to toe. *Warm water pool*
All levels

Water Running. Running in the water is excellent for both cardio and resistance training, including your core. You'll burn calories, strengthen muscles and get energized. Water shoes recommended.
All levels

Joints in Motion. This water-based, 45-minute program increases flexibility, range of motion, coordination and balance. Exercises are designed to help decrease joint pain and stiffness for individuals with arthritis or fibromyalgia, and also help continue rehabilitation following joint replacement surgery. *Warm water pool*
Beginner – Intermediate

Swimfit. A 45-minute class of swim-based cardio, mixed with strength training in the lap pool and ending with a stretching session.
Intermediate – Advanced

Water in Motion. This choreographed program provides a low-impact, high-energy challenge for participants of all skill, age and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. With land-equivalent intensity, fantastic sing-along-quality music, and dynamic instructors, enjoy the pure fun of this 60-minute water extravaganza.

All levels

Whitewater Boot Camp. Join us as we push the boundaries of our inner athlete in this exciting bootcamp style class. We will have an exhilarating, full-body workout emphasizing endurance, speed and strength using a combination of cardiovascular and muscular conditioning drills.

★ ★ ★ **COURTESY/SAFETY CORNER: All five lanes of the pool need to be shared. If you are walking or doing exercises on the wall, please share and use outside lanes.**

Help us keep the pools and hot tub clean. **Shower off perfumes and lotions before entering pool. Remove band-aids and bandages. Showering before and after swimming will protect your hair and skin.**

POOL RULES

- No band-aids or bandages allowed in pool.
 - People with open sores are not allowed in the pool.
 - No gum, food, beverages or tobacco are permitted in the pool area. Plastic water bottles are permitted.
 - Appropriate attire is required in the pool area. No cut-offs, thongs or see-through suits or gym wear.
 - No diving, running or rough play. Pulling or hanging on ropes is not allowed. Throwing children is not allowed.
 - Walkers must share lanes. Please ask aquatic staff if you need assistance with lane placement.
 - During peak times: Monday, Wednesday, Friday 8 a.m. - 12 p.m., please limit your lane time to 45 minutes. The first lane of the lap pool is for Aquatic Therapy, please ask the staff if the lane is available for use.
 - Please put away equipment after completing a class. Class participants do not have priority on available lanes when others are waiting.
 - When the lifeguard closes the pool due to lightning or other emergency, please exit the pool immediately.
 - **The lifeguard is here for your safety and to enforce pool rules. Please be respectful of the lifeguard and the pool rules.**
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HOT TUB POLICY

- The hot tub is closed for cleaning each Wednesday from 7-8:30 p.m.
- **Caution:** If you are not accustomed to hot tub use, limit your time to 1-2 minutes, and increase gradually. Not to exceed 10 minutes. Children under the age of 13 may not use the hot tub for health reasons.