

Aquatics

Prisma Health Wellness Center–Springbrook

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

Please see the other side for class descriptions and pool rules.

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 7 a.m. to 6 p.m.

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

Aquatics

Class descriptions

Aquatic programs

Group swim lessons for children. Class size is limited, and pre-registration is required. Classes are offered on Tuesday and Thursday evenings as well as Saturday mornings.

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

- Single – 30 minutes
-\$32/members
-\$42/non-members

There is a \$15 cancellation fee for lessons not canceled 24 hours in advance.

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 can 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 heart rate, which in turn burns more calories. *Lap pool | Intermediate – Advanced*

Aqua Rec. Fun and work are 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 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 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. Participants should be familiar with basic swimming strokes, such as freestyle and backstroke. *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 water extravaganza. *All levels*

Whitewater Boot Camp. Join us as we push the boundaries of our inner athlete in this exciting boot camp 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 are to be shared. If you are walking or doing exercises on the wall, please share and use the outside lanes.

Help us keep the pools and hot tub clean. Shower off perfumes and lotions before entering the 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 the pool.
- People with open sores are not allowed in the pool.
- No gum, food, beverages or tobacco are permitted in the pool area. Plastic or metal 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 on, hanging on and climbing over lane 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 or when someone is waiting for a lane, 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 the 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.**

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.