



# Aquatics Schedule

## 3/22/2022-4/24/2022

**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

\*\*\* Pool use times subject to change. ( ) indicates the number of lanes open \*\*\*.  
Pool is closed 1:00-2:00pm Monday-Friday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim *</b>	6:00-10:00 am (6) 10:00-11:00am (1) 11:00-1:00pm (4) 2:00-4:30pm (4) 4:30-6:00pm (3) 6:00-7:00pm (6) 7:00-7:45pm (3)	6:00-7:45 am (6) 8:00-9:00am (3) 9:00-11:00am (6) 11:00-1:00pm (4) 2:00-4:30pm (4) 4:30-6:30pm (3) 6:30-7:45pm (4)	6:00-9:45am (6) 10:00-11:00am (0) 11:00-1:00pm (4) 2:00-4:30pm (4) 4:30-6:00pm (3) 6:00-7:00pm (6) 7:00-7:45pm (3)	6:00-7:45am (6) 8:00-9:00am (3) 9:00-11:00am (6) 11:00-1:00pm (4) 2:00-4:30pm (4) 4:30-6:30pm (3) 6:30-7:45pm (4)	6:00-9:45am (6) 10:00-11:00am (0) 11:00-1:00pm (4) 2:00-4:30pm (4) 4:30-6:00pm (3) 6:00-7:45pm (4)	7:00-8:45am (6) 8:45-12:15 (0) 12:15-2:45 (4)
<b>Free Pool Programs</b>	Water Aerobics 10-10:45am Deep H <sub>2</sub> O Aerobics 7:00-7:45	Aqua Gym 8:00-8:45am	Water Aerobics 10-10:45am Deep H <sub>2</sub> O Aerobics 7:00-7:45	Aqua Gym 8:00-8:45am	Water Aerobics 10-10:45am	
<b>Family Swim</b>	11:00-1:00pm (2) 2:00-4:30pm (2) 7:00-7:45pm (3) (Shallow end only)	11:00-1:00pm (2) 2:00-3:30pm (2) 6:30-7:45pm (2)	11:00-1:00pm (2) 2:00-3:30pm (2) 7:00-7:45pm (3) (Shallow end only)	11:00-1:00pm (2) 2:00-3:30pm (2) 6:30-7:45pm (2)	11:00-1:00pm (2) 2:00-3:30pm (2) 6:00-7:45pm (2)	12:15-2:45pm (2)

\* Lap swim: slower pace please use the lane closest to the wall. Please circle swim as needed & keep to the right.

**Water Aerobic-** This 45-minute classes utilizes the entire shallow end of the pool, and aims to help people with flexibility, cardio, balance and muscle strength. The advantage of this class is the water eliminates the harsh impact on the joints that on-land exercise provides.

**Deep H<sub>2</sub>O Aerobics-** With the use of aqua joggers, individuals can get a complete body work out with very limited impact on the joints. This class focuses on range of motion, flexibility, and working opposing muscle groups. Must be comfortable with water over your head. This class is ideal for those wanting a bigger challenge consider trying some of the exercises without the aqua jogger belt.

**Aqua Gym-** Aqua gym is a program that utilizes the support of the water paired with resistance and weight training. This 45-minute class is a mix of aerobics training, cross training, strength training, and cardio. This class takes place in shallow and deep water.