

Aquatics Schedules

Valid April 17-June 4

Whirlpool Cleaning Schedule
Closed from 1-5 PM on 4/18 & 5/16

Water Fitness Classes (free for members)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-7:45 AM Lou STRETCH-N-FLEX	7-7:45 AM Wanda STRETCH-N-FLEX	7-7:45 AM Lou STRETCH-N-FLEX		7-7:45 AM Lou STRETCH-N-FLEX	
8-8:45 AM Lou TONE-N-FLEX	8-9 AM Kitty YOUNG AT HEART	8-8:45 AM Kitty TONE-N-FLEX	8-9 AM Kitty YOUNG AT HEART	8-8:45 AM Lou TONE-N-FLEX	8-9 AM Heather AQUA ZUMBA
9-9:45 AM Lou WATER CARDIO	9-9:45 AM Kristi WATER PILATES	9-9:45 AM Lou WATER CARDIO	9-9:45 AM Kristi WATER PILATES	9-9:45 AM Lou WATER CARDIO	8-9 AM Heather WATER IN MOTION
11-11:45 AM Patty WATER CARDIO	11-11:45 AM Serena ARTHRITIS	11-11:45 AM Patty WATER CARDIO	11-11:45 AM Serena ARTHRITIS	11-11:45 AM Patty WATER CARDIO	
11-11:45 AM Serena DEEP WATER	11-11:45 AM Kristi DEEP WATER	11-11:45 AM Kristi DEEP WATER	11-11:45 AM Kristi DEEP WATER		
1-1:45 PM Joie ARTHRITIS	12-1 PM Serena WATER IN MOTION	1-1:45 PM Joie ARTHRITIS	12-1 PM Patty WATER IN MOTION	1-1:45 PM Joie ARTHRITIS	
6:30-7:30 PM Ted WATER IN MOTION	7-8 PM Natalie WATER CARDIO	7-8 PM Linda WATER CARDIO	7-8 PM Linda WATER CARDIO		

Zumba and WIM alternate every other Saturday
Zumba: 4/29, 5/13, 5/27, 6/10
WIM: 4/22, 5/6, 5/20, 6/3

Aquatics fitness class punch card rates for non-members:

- \$45/5 classes
- \$88/10 classes
- \$128/15 classes
- \$165/20 classes
- \$200/25 classes

Pool is closed for preschool family swim.

Tues., May 23 and Wed., May 24
10 - 11:00 AM

Lap & Open Swim Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7 AM	4 Lanes ¼ Open/Deep	4 Lanes ¼ Open/Deep	4 Lanes ¼ Open/Deep	4 Lanes ¼ Open/Deep	4 Lanes ¼ Open/Deep		
7-8 AM	2 Lanes Closed	3 Lanes Closed	2 Lanes Closed	3 Lanes ½ Open	2 Lanes Closed		
8-9 AM	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	3 Lanes ½ Open
9-10 AM	1 Lane Closed	2 Lanes Closed	1 Lane Closed	2 Lanes Closed	1 Lane Closed	2 Lanes Closed	3 Lanes ½ Open
10-11 AM	3 Lanes Closed	2 Lanes Closed	3 Lanes Closed	2 Lanes Closed	3 Lanes Closed	1 Lane Closed	3 Lanes ½ Open
11 AM-12 PM	1 Lane Closed	Closed	1 Lane Closed	Closed	1 Lane Closed	1 Lane Closed	3 Lanes ½ Open
12-1 PM	3 Lanes ½ Open	3 Lanes Closed	3 Lanes ½ Open	3 Lanes Closed	3 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
1-2 PM	Closed	Closed	Closed	Closed	Closed	2 Lanes ½ Open	2 Lanes ½ Open
2-2:30 PM	2 Lanes ½ Open	2 Lanes ¼ Open/Deep	2 Lanes ½ Open	2 Lanes ¼ Open/Deep	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
2:30-3:30 PM	2 Lanes ½ Open	2 Lanes ¼ Open/Deep	2 Lanes ½ Open	2 Lanes ¼ Open/Deep	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
3:30-4:30 PM	2 Lanes ¼ Open/Deep	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
4:30-5 PM	Closed	2 Lanes ½ Open	1 Lane Closed	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
5-6 PM	Closed	1 Lane Closed	1 Lane Closed	2 Lanes ½ Open	2 Lanes ½ Open	Closed at 5	2 Lanes ½ Open
6-6:30 PM	1 Lane ½ Open	1 Lane Closed	1 Lane Closed	2 Lanes ½ Open	2 Lanes ½ Open		2 Lanes ½ Open
6:30-7:30 PM	1 Lane Closed	1 Lane Closed	2 Lanes Closed	2 Lanes Closed	Closed at 6:30		2 Lanes ½ Open
7:30-8 PM	2 Lanes ½ Open	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed			Closed at 7
8-9:30 PM	2 Lanes ½ Open	3 Lanes ½ Open	3 Lanes ½ Open	3 Lanes ½ Open			

- **1-4 Lanes:** The number of lap lanes open for members to swim laps
- **¼ Open/Deep:** Only deep end is open for use
- **Closed:** Other than the lap lanes that are open, the rest of the pool is closed for swim lessons or water fitness classes

Open and lane times are subject to change with advanced notice.

Water Fitness Classes

Aqua Zumba incorporates dance and fitness moves to mostly Latin music. This class offers cardio conditioning and body toning while splashing, twisting, and laughing.

Arthritis is a certified Arthritis Foundation program aimed at those suffering from arthritis and other joint problems. A physician's approval is recommended.

Deep Water is a non-impact class designed to get your body in shape as you remain suspended in deep water. Flotation devices are used.

Stretch-N-Flex is a mild cardiovascular program designed to improve balance and stamina. Perfect for beginners and takes place in shallow water.

Tone-N-Flex will get those muscles in shape while working your heart. This is a higher cardio class.

Water Cardio is a fast-paced cardio workout in the shallow end.

Water in Motion is a high-energy, calorie-burning workout. To view a video of the program visit: www.waterinmotion.com

Water Pilates will tone and strengthen core muscles in a relaxing warm water environment. Great for balance and posture and for both men and women.

Young at Heart is a high-energy program combining aerobics, toning, and stretching.