

# Aquatics Schedules

Whirlpool Cleaning Schedule  
Closed from 1-5 PM on 3/6 and 4/3

## Water Fitness Classes (free for members) Valid through April 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-7:45 AM <sup>Susan</sup> TONE-N-FLEX	7-7:45 AM <sup>Wanda</sup> TONE-N-FLEX	7-7:45 AM <sup>Susan</sup> TONE-N-FLEX	7-7:45 AM <sup>Melissa</sup> TONE-N-FLEX	7-7:45 AM <sup>Susan</sup> TONE-N-FLEX	
8-8:45 AM <sup>Susan</sup> TONE-N-FLEX	8-9 AM YOUNG AT HEART	8-8:45 AM <sup>Susan</sup> TONE-N-FLEX	8-9 AM YOUNG AT HEART	8-8:45 AM <sup>Susan</sup> TONE-N-FLEX	8-9 AM <sup>Heather</sup> AQUA ZUMBA
9-9:45 AM <sup>Lou</sup> WATER CARDIO	9-9:45 AM <sup>Kristi</sup> WATER PILATES	9-9:45 AM <sup>Lou</sup> WATER CARDIO	9-9:45 AM <sup>Kristi</sup> WATER PILATES	9-9:45 AM <sup>Lou</sup> WATER CARDIO	8-9 AM <sup>Heather</sup> WATER IN MOTION
11-11:45 AM <sup>Patty</sup> WATER CARDIO	11-11:45 AM <sup>Patty</sup> ARTHRITIS	11-11:45 AM <sup>Patty</sup> WATER CARDIO	11-11:45 AM <sup>Patty</sup> ARTHRITIS	11-11:45 AM <sup>Teresa</sup> WIM - Platinum	
	11-11:45 AM <sup>Kristi</sup> DEEP WATER	11-11:45 AM <sup>Kristi</sup> DEEP WATER	11-11:45 AM <sup>Kristi</sup> DEEP WATER		
1-1:45 PM <sup>Joie</sup> ARTHRITIS	12-1 PM <sup>Patty</sup> WATER IN MOTION	1-1:45 PM <sup>Joie</sup> ARTHRITIS	12-1 PM <sup>Patty</sup> WATER IN MOTION	1-1:45 PM <sup>Joie</sup> ARTHRITIS	
6:30-7:30 PM <sup>Ted</sup> WATER IN MOTION	7-8 PM <sup>Linda</sup> WATER CARDIO	7-8 PM <sup>Linda</sup> WATER CARDIO	7-8 PM <sup>Linda</sup> WATER CARDIO		

Zumba and WIM alternate every other Saturday  
Zumba: 3/3, 3/17 (No class 3/31), 4/14  
WIM: 2/24, 3/10, 3/24, 4/7

### Aquatics fitness class punch card rates for non-members:

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

## Lane & Open Swim Schedule Valid through April 15

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 Lanes Closed	2 Lanes Closed	1 Lanes Closed	2 Lanes Closed	1 Lanes 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	Closed	3 Lanes ½ Open
11 AM-12 PM	1 Lane Closed	Closed	1 Lane Closed	Closed	1 Lane Closed	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 ½ Open	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	1 Lane 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	1 Lane 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			

- **2, 3 or 4 Lanes:** The number of lanes open for swimming 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

If a lesson is not being taught during 2 Laps, members may also use the third lap.  
Open and lap 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.

**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 (WIM)** is a high-energy, calorie-burning workout. To view a video of the program visit: [www.waterinmotion.com](http://www.waterinmotion.com)

**Water in Motion (WIM) Platinum** is a shallow water, low impact class that offers deconditioned participants a fun workout while improving cardiovascular endurance, agility, balance, strength and flexibility.

**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.