

Aquatics Schedules

Whirlpool Cleaning Schedule
Closed from 1-5 PM on Jan. 9 and Feb. 6

Water Fitness Classes (free for members) Valid through February 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-7:45 AM ^{Susan} TONE-N-FLEX	7-7:45 AM ^{Wanda} TONE-N-FLEX	7-7:45 AM ^{Susan} TONE-N-FLEX	7-7:45 AM ^{Melissa} TONE-N-FLEX	7-7:45 AM ^{Susan} TONE-N-FLEX	
8-8:45 AM ^{Susan} 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 ^{Susan} 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 ^{Patty} ARTHRITIS	11-11:45 AM ^{Patty} WATER CARDIO	11-11:45 AM ^{Patty} ARTHRITIS	11-11:45 AM ^{Patty} WIM - Platinum	
	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 ^{Patty} 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 ^{Linda} WATER CARDIO	7-8 PM ^{Linda} WATER CARDIO	7-8 PM ^{Linda} WATER CARDIO		

Zumba and WIM alternate every other Saturday

Zumba: 1/6, 1/20, 2/3, 2/17, 3/3
WIM: 12/30, 1/13, 1/27, 2/10, 2/24

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 February 25

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	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 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	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			

- **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

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.