



AQUATICS SCHEDULES

Water Fitness Classes

April 12, 2021- May 30, 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|--------------------------------------------|---------------------------------------------|-----------------------------------------|---------------------------------------------|--------------------------------------------|----------------------------------------|
| | 7:30 - 8:15 AM Tone-N-Flex Susan | 7:30 - 8:15 AM Stretch and Flex Wanda | 7:30-8:15 AM Tone-N-Flex Susan | 7:30 - 8:15 AM Stretch and Flex Wanda | 7:30 - 8:15 AM Tone-N-Flex Susan | |
| | 8:30 - 9:15 AM Water Cardio Susan | 8:30 - 9:15 AM Tone-N-Flex Wanda | 8:30 - 9:15 AM Water Cardio Kathy | 8:30 - 9:15 AM Tone-N-Flex Wanda | 8:30 - 9:15 AM Water Cardijo Susan | 8:00 - 8:45 AM WIM/Zumba Heather |
| 10:30 - 11:15 AM AquaFit Bonnie | | | | | | |
| | 11:15 - 12:00 PM WIM-Platinum Teresa | 11:15 - 12:00 PM Arthritis Teresa | 11:15 - 12:00 PM WIM Patty | 11:15 - 12:00 PM Arthritis Patty | 11:15 - 12:00 PM WIM-Platinum Teresa | |
| | 1:15 - 2:00 PM Arthritis Joie | | 1:15 - 2:00 PM Arthritis Joie | | 1:15 - 2:00 PM Arthritis Joie | |
| | 6:30 - 7:15 PM WIM Teddy | 6:30 - 7:15 PM Water Cardio Linda | 6:30 - 7:15 PM Water Cardio Susan | 6:30 - 7:15 PM Water Cardio Linda | 5:30 - 6:15 PM AquaFit Bonnie | |
| | | | | | | |

Aqua Fit improves overall strength and endurance using water resistance and low-impact training in shallow water while increasing range of motion.

Aqua Zumba combines dance, cardio, and body toning to mostly Latin music.

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, cardio class using flotation devices in deep water.

Stretch-N-Flex is a mild cardio class designed to improve balance and stamina. Takes place in shallow water.

Tone-N-Flex is a higher cardio class that also works your muscles.

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

Water in Motion (WIM) is a high-energy, calorie-burning workout.

Water in Motion (WIM) Platinum is a shallow water, low-impact class that offers deconditioned participants a fun workout.



Pool Schedule

Pool Schedule April 12 - May 30, 2021 | Open lanes are for lap swim only.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|--------------------------|---------------------|---------------------|----------------|--------------------------|-----------------------------------|------------------------------|
| 5:00 - 5:45 AM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | |
| 5:45 - 6:30 AM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | |
| 6:30 - 7:15 AM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | |
| 7:30 - 8:15 AM | Tone-n-flex | Flex-n-Stretch | Tone-n-Flex | Flex-n-Stretch | Tone-n-Flex | 8:00 - 8:45 AM Water in Motion | 8:00 - 8:45 AM Lap Swim |
| 8:30 - 9:15 AM | Water Cardio | Tone-n-Flex | Water Cardio | Tone-n-Flex | Water Cardio | Closed Swim Lessons | 8:45 - 9:30 AM Lap Swim |
| 9:30 - 10:15 AM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed Swim Lessons | 9:30 - 10:15 AM Lap Swim |
| 10:15 - 11:00 AM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed Swim lessons | 10:30 - 11:15 AM AquaFit |
| 11:15 AM - 12:00 PM | Water in Motion Platinum | Arthritis | Water in Motion | Arthritis | Water in Motion Platinum | Closed Swim lessons | 11:30 - 12:15 PM Lap Swim |
| 12:15 - 1:00 PM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed Swim Lessons | 12:15 - 1:00 PM Lap Swim |
| 1:15 - 2:00 PM | Arthritis | Closed | Arthritis | Closed | Arthritis | 1:00-1:45pm lap swim | 1:00 - 1:45PM Lap Swim |
| 2:15 - 3:00 PM | Lap Swim | closed | Lap Swim | Closed | Lap Swim | 1:45-2:30pm Lap swim | 1:45 - 2:30 PM Lap Swim |
| 3:00 - 3:45 PM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | 2:30-3:45pm Lap swim | 2:30 - 3:15 PM Lap Swim |
| 3:45 - 4:30 PM | Lap Swim | Closed Swim Lessons | Closed Swim Lessons | Lap Swim | Lap Swim | 3:45-4:30pm Lap swim | 3:15 - 4:00 PM Lap Swim |
| 4:30 - 5:15 PM | Lap Swim | Closed Swim Lessons | Closed Swim Lessons | Lap Swim | Lap Swim | | 4:00 - 4:45 PM Lap Swim |
| 5:15 - 6:00 PM | Lap Swim | Closed Swim Lessons | Closed Swim Lessons | Lap Swim | Lap Swim | | 4:45 - 5:30 PM Lap Swim |
| 6:30 - 7:15 PM | Water In Motion | Water Cardio | Water Cardio | Water Cardio | Closed | | 5:30 - 6:15 PM Lap Swim |
| 7:30 - 8:15 PM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed | | |
| 8:15 - 9:00 PM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed | | |
| | | | | | | Open Swim Times | Open Swim Times |
| | | | | | | 1:00-2:00pm | 1:00-2:00pm |
| | | | | | | 2:30-3:30pm | 2:30-3:30pm |
| | | | | | | 4:00-5:00pm | 4:00-5:00pm |

5:30-6:30pm