

AQUATICS CALENDAR

EAST POOL

In Effect Sept 3-Oct 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	
7:00-7:45am Shallow Aqua Fit*		7:00-7:45am Shallow Aqua Fit*		7:00-7:45am Shallow Aqua Fit*	7:30-10:30am Water Fitness <i>7:30-8:30am New Time Begins Sept 21</i>
8:00-8:45am Deep Aqua Mix		8:00-8:45am Deep Aqua Mix		8:00-8:45am Deep Aqua Mix	
		9:35-10:35am zLinks (Westhouse) <i>Sept 24</i>		9:30-10:45am Paddle + Play Open Swim <i>Begins Oct 4</i>	9:00-11:45am Group Swim Lessons <i>Begin Sept 21</i>
11:00-12:00pm Shallow Aqua Fit*	11:00-12:00pm Firm H2O Gold*	11:00-12:00pm Shallow Aqua Fit*	11:00-12:00pm Firm H2O Gold*	11:00-12:00pm Shallow Aqua Fit*	
11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	
12:00-1:00pm Water Fitness	12:00-1:00pm Water Fitness	12:00-1:00pm Water Fitness	12:00-1:00pm Water Fitness	12:00-1:00pm Water Fitness	12:00-1:00pm Private Swim Lessons
				1:30-3:30 Family Open Swim <i>Sept 20 + Oct 4</i>	1:30-3:30 Family Open Swim
4:15-7:00pm Group Swim Lessons <i>Begin Sept 16</i>		4:15-7:00pm Group Swim Lessons <i>Begin Sept 18</i>			
	5:00-6:30pm Water Fitness	5:00-6:00pm Water Fitness <i>Last Date Sept 11</i>	5:00-6:30pm Water Fitness	5:00-6:30pm Water Fitness	
7:00-7:30pm Private Swim Lessons	6:30-8:00pm Family Open Swim	6:00-7:30pm Family Open Swim <i>Last Date Sept 11</i>	6:30-8:00pm Family Open Swim	6:30-8:00pm Family Open Swim	
7:30-8:30pm Firm H2O		7:30-8:30pm Firm H2O	<i>Programs highlighted in orange are instructor-led fitness classes. Programs marked with an asterisk (*) are classes included in our Senior Membership, but not exclusively for seniors.</i>		

WEST POOL

In Effect Sept 3-Oct 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-7:30am Lap Swim	5:15-7:30am Lap Swim	5:15-7:30am Lap Swim	5:15-7:30am Lap Swim	5:15-7:30am Lap Swim	8:00-10:15am Lap Swim
Early morning time slots on Mon-Fri: 5:15-6:00 6:00-6:45 6:45-7:30					Sat AM time slots: 8:00-8:45 8:45-9:30 9:30-10:15
Sept 16-Sept 27 (skip Sept 20) 8:35-10:35am Kowal					
Sept 30-Oct 3 8:35-9:35am Westhouse					
11:00-1:15pm Lap Swim	11:00-1:15pm Lap Swim	11:00-1:15pm Lap Swim	11:00-1:15pm Lap Swim	11:00-1:15pm Lap Swim	
Midday time slots on Mon-Fri: 11:00-11:45 11:45-12:30 12:30-1:15					
Mon-Thurs, Sept 30-Oct 3: Lap swim available from 11:00-12:30 only					
Sept 30-Oct 3 12:35-1:35pm Westhouse					
					1:30-3:00pm Lap Swim
					Sat midday time slots: 1:30-2:15 2:15-3:00
3:00-5:00pm WMS Sept 16	3:00-5:00pm WMS Sept 10 + 17	3:00-5:00pm WMS Sept 4 + 11	3:00-5:00pm WMS Sept 5 + 12	3:00-5:00pm WMS Sept 6	
5:00-7:15pm Lap Swim	5:00-7:15pm Lap Swim	5:00-7:15pm Lap Swim	5:00-7:15pm Lap Swim	5:00-7:15pm Lap Swim	
Evening time slots on Mon-Fri: 5:00-5:45 5:45-6:30 6:30-7:15					

Online registration for fitness classes and lap swim opens 24 hours in advance.
Patrons are encouraged to pre-register. Drop-ins welcome if space allows.

CLASS AND PROGRAM DESCRIPTIONS

Deep Aqua Fit: A medium intensity deep water workout that combines cardio, core, and strength training.

Deep Water Walking: A self-led aquatics program that allows you time in the pool to build you own routine and exercise at your own pace. The deep end of the pool only is available at this time. Fitness equipment is available.

Family Open Swim: A great time for all ages to enjoy the pool! The diving board, youth water slide, basketball hoops, and various other pool toys and floats are available, along with life jackets, puddle jumpers and infant floats for non-swimmers.

Firm H2O: A mix of shallow and deep water high intensity interval, strength, and endurance training.

Firm H2O Gold: A shallow-only version of Firm H2O that includes stretching, strength, and endurance training.

Lap Swim: A cardio and strength training workout that doesn't put strain on your bones or joints and burns tons calories!

Paddle & Play Open Swim: A special time for parents and young children to enjoy playtime with friends. Various flotation devices available for non-swimmers are provided. A guardian must be in the water to provide supervision for their child.

Shallow Aqua Fit: A low-to-medium intensity shallow water workout designed to improve joint stability, coordination, heart health, toning, and strength.

Water Fitness: A self-led aquatic workout that allows you to design your perfect routine. Water fitness offers a fantastic cardio and muscle workout. Both the shallow and deep ends of the pool are available during this time.