AQUATICS CALENDAR

EAST POOL

In Effect Jan 6-May 31 REV C

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 Aqua Fit Shallow*		7:00-7:45am Aqua Fit Shallow*		7:00-7:45am Aqua Fit Shallow*	7:30-8:30am Water Fitness
8:00-8:45am Aqua Fit Deep		8:00-8:45am Aqua Fit Deep		8:00-8:45am Aqua Fit Deep	
	9:35-10:35am zLinks (Westhouse) Jan 28, Feb 25, Mar 25 Apr 22 + May 27		9:00-10:45am Group Swim Lessons	9:30-10:45am Paddle + Play Open Swim Thru Apr 25 (skip Apr 4 + 11)	8:30-11:00am Group Swim Lessons
11:00-12:00pm Aqua Fit Shallow*	11:00-12:00pm Firm H2O Gold*	11:00-12:00pm Aqua Fit Shallow*	11:00-12:00pm Firm H2O Gold*	11:00-12:00pm Aqua Fit Shallow*	
11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	12:15-1:00pm Aqua Combat	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	11:00-1:00pm Deep Water Walking	12:00-1:00pm Water Fitness	
1:30-3:30pm Family Open Swim Feb 10 + Apr 7	1:30-3:30pm Family Open Swim Feb 11	1:30-3:30pm Family Open Swim Apr 9	1:30-3:30pm Family Open Swim Feb 27	1:30-3:30pm Family Open Swim Feb 28, Apr 4, 11 + May 9	1:30-3:30pm Family Open Swim
3:00-4:30pm MS Diving Jan 6-Feb 6	3:00-4:30pm MS Diving	3:00-4:30pm MS Diving	3:00-4:30pm MS Diving	3:00-4:30pm MS Diving	
4:30-6:15pm Group Swim Lessons		4:30-7:00pm Group Swim Lessons			
	5:00-6:30pm Water Fitness		5:00-6:30pm Water Fitness	5:00-6:00pm Water Fitness	
6:30-7:30pm Private Swim Lessons	6:30-8:00pm Family Open Swim	7:00-7:30pm Private Swim Lessons	6:30-8:00pm Family Open Swim	6:00-7:30pm Family Open Swim	
7:30-8:30pm Firm H2O		7:30-8:30pm Firm H2O	*Programs highlighted in plum are instructor-led fitness classes.* *Programs marked with an asterisk (*) are classes included in our Senior Membership, but not exclusively for seniors.*		

WEST POOL — In Effect Jan 6-May 31 REV C

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					*Time slots:* *8:00-8:45 | 8:45-9:30* *9:30-10:15*
Feb 3-Feb 14 (skip Feb 10 + 11) | 8:35-10:35am | Kowal REVISED					10:30-12:00pm Area 12 Special Olympics Swim Team Jan 25 Feb 1, 8, 15 + 22
Feb 17-Feb 21 | 8:35-9:30am | Westhouse					
Mar 17-Mar 28 | 7:35-9:30am | Ross REVISED					
May 12-May 16 | 8:35-9:30am | Westhouse					
May 19-May 30 (skip May 26) | 8:35-10:35am | Kowal					
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	1:30-3:00pm Lap Swim
Midday time slots on Mon-Fri: 11:00-11:45 | 11:45-12:30 | 12:30-1:15					Time slots: 1:30-2:15 | 2:15-3:00
Due to Middle School PE classes, lap swim will be available from 11:00-12:30pm only during the following dates: *Feb 17-Feb 21 (Mon-Fri) | May 12-May 16 (Mon-Fri)*					
Feb 17-Feb 21 | 12:35-1:30pm | Westhouse					
Mar 17-Mar 28 | 1:35-2:30pm | Ross REVISED					
May 12-May 16 | 12:35-1:30pm | Westhouse					
3:00-4:30pm MS Swimming	3:00-4:30pm MS Swimming	3:00-4:30pm MS Swimming Jan 8-Feb 6	3:00-4:30pm MS Swimming	3:00-4:30pm MS Swimming	
5:00-7:15pm Lap Swim	5:00-6:30pm Lap Swim	5:00-7:15pm Lap Swim	5:00-6:30pm Lap Swim	5:00-7:15pm Lap Swim Canceled Jan 24 Cityside Hype Night	
Time slots: *5:00-5:45 | 5:45-6:30* *6:30-7:15*	*Time slots:* *5:00-5:45 | 5:45-6:30*	*Time slots:* *5:00-5:45 | 5:45-6:30* *6:30-7:15*	*Time slots:* *5:00-5:45 | 5:45-6:30*	*Time slots:* *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 to secure a spot. Drop-ins are welcome, space permitting.

CLASS AND PROGRAM DESCRIPTIONS

Aqua Combat: Class incorporates kickboxing-style combinations with cardio "spikes" in chest deep water. It is structured in rounds, each consisting of 40 seconds of fight combinations and a 20 second spike, which is repeated 3 times, and followed by 1 minute of rest and recovery.

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

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

Deep Water Walking: A self-led aquatics program that allows you time in the pool to build your 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: Fun for all ages! The diving board, youth water slide, basketball hoops, and other pool toys and floats are available, along with life jackets, puddle jumpers and infant floats for non-swimmers.

Firm H20: 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 workout that doesn't put strain on bones or joints and burns tons calories!

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

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 at this time.