

# Indoor Pool Schedule ~2010

(Effective January 4th)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
5:30 AM			Lap Swim		Lap Swim						
6:00 AM	<b>**Masters Swim Nick</b>		<b>**Masters Swim Nick</b>		Lap Swim			<b>**Masters Swim Nick</b>	Lap Swim	Lap Swim	
6:30 AM	Lap Swim				Lap Swim						
7:00 AM	<b>**Deep Power 7:15-8:00am</b>		<b>**Aqua Fit 8:00-9:00am</b>		Lap Swim			<b>**Deep H2O Circuits 7:30-8:45am</b>	<b>**Deep H2O Power 7:15-8:00am</b>	<b>**Adult Beginer</b>	Lap Swim
7:30 AM	Lap Swim				Lap Swim						
8:00 AM	<b>**Core S&amp;S</b>	<b>**Silver Splash 9:00-10:00am</b>	<b>**Intervals 8:45-9:45am</b>	<b>**Aqua Fit 8:00-9:00am</b>	<b>**Core S&amp;S</b>	<b>**Fitness/Tri Swim 8:00-9:00am</b>	Lap Swim				
8:30 AM	<b>**Deep H2O 8:30-9:15am</b>		Lap Swim		Lap Swim						
9:00 AM	Lap Swim 9:15 am	Lap Swim 10:00am	<b>**Masters Lite Nick</b>	Lap Swim	Lap Swim 9:15am	Lap Swim	Open Swim				
9:30 AM								Lap Swim			
10:00 AM			<b>**Aqua Fit 9:30-10:30am</b>								
10:30 AM			Lap Swim								
11:00 AM			<b>**Swim Lessons 11:00-12:15pm</b>								
11:30AM			Open Swim								
12:00PM	<b>**Masters Lite Nick</b>	<b>*Preschool Lessons</b>	<b>**Masters Lite Nick</b>	<b>*Preschool Lessons</b>	Open Swim	Open Swim					
12:30PM							Lap Swim				
1:00 PM	<b>*Preschool Lessons</b>	<b>*Preschool Lessons</b>	<b>*Preschool Lessons</b>	<b>*Preschool Lessons</b>	Open Swim	Open Swim					
1:30 PM	Lap Swim										
2:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim					
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM							<b>**Swim Lessons Lower 4:00-5:15pm</b>	<b>**Swim Team Lower 4:00-5:00pm</b>	<b>**Swim Lessons Lower 4:00-5:15pm</b>	<b>**Swim Team Lower 4:00-5:00pm</b>	<b>Camp Swim</b>
4:30 PM							Open Swim	<b>**Swim Team Upper 5:00-6:00pm</b>	Open Swim	<b>**Swim Team Upper 5:00-6:00pm</b>	
5:00 PM	<b>**Cardio Combo 5:30 - 6:30</b>	<b>**Masters Lite Tony</b>	<b>**Cardio Combo 5:30 - 6:30</b>	<b>**Masters Lite Tony</b>							
5:30 PM	Open Swim										
6:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim					
6:30 PM											
7:00 PM											
7:30 PM											
8:00 PM											
8:30 PM											
9:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim						
10:00 PM											

\*\*Due to programming, all 3 lanes closed.

\*1-2 lanes available due to programming.

Aquatics GROUP FITNESS Class  

For class descriptions and to review the pool health and safety rules please see reverse side.

Preschool Lessons will be held: Feb 15th - Mar 4th and Mar 22nd - Apr 8th

Adult Beginer and Fitness Swim Lessons will be held: Jan 23rd - Feb27th and Mar 20th - Apr 24th

## Swim Lesson Guidelines

1. Children must be 3 years of age to take lessons independently. Children under 3 may participate in Parent/Child classes.
2. Sessions must be paid in full to secure registration for that class.
3. If it is evident that a child is not ready for swim lessons, the Aquatics Manager will contact the parent and a full refund will be given.
4. In order to guarantee a 6:1 student to teacher ratio, make up lessons are not available.
5. A minimum of four children must be enrolled for class to be held.
6. All of our instructors are certified and experienced.
7. We respectfully request that parents not be on the pool deck during swim lessons. Parents may attend the swim demonstration on the last day of lessons.

## Class Descriptions

**Masters Swim:** The program is for experienced adult swimmers who desire to improve their fitness level, to train for a special event, or to have the support and motivation provided by exercising with a group. We swim around 3000 yards during the hour. Basic swimming skills is a prerequisite, and we recommend that newcomers to the class be able to swim at least 500 yards (10 laps/20 lengths) without stopping and be able to repeat 100's on a 2:00 interval.

**Master's Lite:** is a lighter version of Masters. We focus on technique with a balance of speed and endurance. We will be swimming between 2000 - 2500 yards during the hour. This is a goal - not everyone will complete the entire workout. Basic swimming skills is a prerequisite, and we recommend that newcomers to the class be able to swim at least 200 yards (4 laps/8 lengths) without stopping.

**Aqua fitness is for everyone.** Come experience a low to non-impact workout in the pool that focuses on strength, cardio, endurance, and range of motion. Let our certified instructors engage, energize and inspire you with a variety of less joint-jarring workouts.

**Silver Splash:** Offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required. Various types of equipment are used to develop strength, balance and coordination.

**Core Strength & Stretch:** The basic principles of Pilates are combined with the relaxing benefits of water. The emphasis of these sessions are *strength, flexibility, and posture*. The water's resistance allows each move to be purposefully performed with a full range of motion. Core Strength & Stretch is complimentary to any mid to high intensity class.

**Cardio & Strength Combo:** Cardio & Strength training in shallow and deep water for a full body workout. Class is taught at medium to high intensity with modifications offered for low intensity. Equipment is used for strength training with focus on the core and major muscle groups.

**Aqua Fit:** The Aqua Fit class is a well-rounded form of exercise for all ages and levels. The water provides an environment that protects exercisers from the impact of traditional aerobics, making it easier on the joints. The resistance of the water allows you to improve muscle tone while you work the cardiovascular system. Water allows exercisers to multitask, targeting several regions in the body simultaneously. Flexibility and balance/core strength are also addressed in this class.

**Deep H2O:** Plunge into the deep end of the pool for an aggressive approach to water fitness with this no-impact workout. This class offers an overall toning and cardio workout.

**Deep H2O Power:** This class takes the traditional Deep H2O class and pumps it up! This class is for those looking for a more aggressive cardio workout combined with periods of toning.

**Deep H2O Circuits:** This class utilizes the best of both deep and shallow water workouts. Equipment is utilized to increase the resistance, already provided by the water, to provide a workout focused on strength training and toning.

**Intervals:** This is a high-energy class great for weight loss and cardiovascular endurance training. It is an hour packed full of high surges of cardiovascular moves followed by a short recovery time. You are sure to leave this class with a sweat and a smile.