

July 2010

Aquatic Schedule



Two lanes will be reserved for Private swim lessons 3:30pm - 7:30pm
Monday through Friday and 8 am to 12 pm on Saturdays.

LAP POOL								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30 a.m.	Water Cycling		Aqua - Fit		Water Cycling	8:30 a.m.	Water Cycling	
8:30 a.m.	Water Cycling	Basic Training	A B C's	Water Weights	Water Cycling			
12:00 p.m.	Aqua - Fit		Aqua - Fit		Aqua - Fit			
4:15 p.m.	Learn to Swim		Learn to Swim		Learn to Swim	12:00 p.m. to 3:00 p.m.		
5:30 p.m.		Supervised Swim (M-n-M)	Aqua-Fit	Supervised Swim (M-n-M)	Family Swim <small>1st Fri/Month 5 - 8 p.m.</small>	Family Swim		
6:30 p.m.	Stroke Technique		Stroke Technique			<div style="border: 1px solid black; padding: 5px; text-align: center;"> Direct parental supervision required at all times. </div>		

Learn to Swim [Mondays, Wednesdays & Fridays]

In this class your child will learn the fundamentals and techniques of swimming from the city's finest instructors. Registration and payment is required. Register in the Customer Service office or call 624-3421 for more information.

WARM WATER POOL								
Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
8:00 a.m.	Specialized Aqua Exercise I	Specialized Aqua Exercise I	Specialized Aqua Exercise I	Specialized Aqua Exercise I	Specialized Aqua Exercise I		9:30 a.m. WW Aqua-Fit	
9:00 a.m.	WW Aqua-Fit	WW Aqua-Fit	WW Aqua-Fit	WW Aqua-Fit	WW Aqua-Fit			
10:00 a.m.	Closed for Therapy	Aqua Walk & Stretch	Closed for Therapy	Aqua Walk & Stretch	Closed for Therapy			
11:00 a.m.	Specialized Aqua Exercise II	Specialized Aqua Exercise I	Specialized Aqua Exercise II	Specialized Aqua Exercise I	Specialized Aqua Exercise II			
12:00 p.m.		WW Aqua-fit		WW Aqua-Fit				
1:00 p.m.	WW Aqua-Fit	Aqua-Fusion	WW Aqua-Fit	Aqua-Fusion	WW Aqua-Fit	12:00 p.m. to 3:00 p.m.		
2-3:00 p.m.		Closed for Therapy		Closed for Therapy		Family Swim		
5:30 p.m.	WW Aqua-fit	A B C's		A B C's		<div style="border: 1px solid black; padding: 5px; text-align: center;"> Direct parental supervision required at all times. </div>		
6:30 p.m.		* Swim Kids						

* New aquatic class, **Swim Kids** offered Tuesdays at 6:30 p.m. in the Warm Water Pool

This class is for the beginner swimmer to practice basic swim skills. An instructor will be present to offer guided activities to help parents assist their child in learning basic water safety and skills. A parent must attend with the child and be in the water with them at all times. This class is 30 minutes.

Regularly Scheduled Aquatic Events

- Family Swim – This is open swim time when families are invited to come and enjoy the pools together. Participants must be at least 6 months old. A parent or legal guardian must directly supervise their own children at all times.
- Hydrostatic Weighing – is the first Saturday of every month. During this time the Warm Water Pool is unavailable from 8am – 12pm
- Kidz Klub – a program for kids coordinated through the activities department. Please contact 624-3416 for more information.
- Kids Night Out – 3rd Friday of every month. Fun night for kids including a movie, dinner, swimming, and much more. Pool use 6 – 7 pm.