

September 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.

A division of Kaweah Delta Health Care District

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.	Water Cycling		Aqua - Fit		Water Cycling	12:00 p.m. to 3:00 p.m.		
4:30 p.m.	Swim Team Prep		Swim Team Prep		Swim Team Prep	Family Swim	Family Swim	
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>	Direct parental supervision required at all times.		
6:30 p.m.	Stroke Technique		Stroke Technique					

WARM WATER POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	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	12:00 p.m. to 3:00 p.m.		
11:00 a.m.	Specialized Aqua Exercise II	Specialized Aqua Exercise I	Specialized Aqua Exercise II	Specialized Aqua Exercise I	Specialized Aqua Exercise II	Family Swim	Family Swim	
12:00 p.m.		WW Aqua-fit		WW Aqua-Fit		Direct parental supervision required at all times.		
1:00 p.m.	WW Aqua-Fit	Aqua-Fusion	WW Aqua-Fit	Aqua-Fusion	WW Aqua-Fit			
2-3:00 p.m.		Closed for Therapy		Closed for Therapy				
5:30 p.m.	WW Aqua-fit	A B C's		A B C's				
6:30 p.m.		*Parents & Pollywogs		*Parents & Pollywogs				

*** New aquatic class, *Parents & Pollywogs* offered Tuesdays and Thursdays at 6:30 p.m. in the Warm Water Pool (Starts Sept. 28)**

This 3-week class provides an introduction to basic swimming skills and water safety for children 6 months to 3 years.. A parent must attend with the child and be in the water with them at all times. Pre-registration is required and starts Sept. 13. Space is limited. For more information please see the flyer in the lobby or call 624-3421. **\$55 for Members / \$75 for Non-Members. Session 1: Sept. 28 - Oct. 14. / Session 2: Nov. 2 - Nov. 18.**

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.