

# January 2019 Aquatic Schedule

## Multi-Use Lap Pool

Two lanes will be reserved for private swim lessons 3:30 pm - 7:30 pm Monday thru Friday and 8:00 am - 12:00 pm on Saturdays.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Deep Water Intervals		Aqua-Fit		Deep Water HIIT	Deep Water Intervals 8:30 am	
8:30 am	Deep Water Intervals	Basic Training	AquaBata	Water Weights	Deep Water Intervals		
12:00 pm	Deep Water Intervals		Deep Water Intervals		Deep Water Intervals	<b>Stroke and Turn</b> 9:30 am to 12:00 pm 2nd Sat. of the Month	
1:30 pm							
4:00 pm						<b>Family Swim</b> 12:00 pm - 3:00 pm Direct Parental Supervision ★ Required at all Times	
4:30 pm	STP	Supervised Swim	STP	Supervised Swim	STP		
5:30 pm	AquaBata		Aqua-Fit	High Intensity Circuit	Family Swim 1st. Friday/Month 5-8 pm		
6:30 pm	Stroke Technique		Stroke Technique				

## Warm Water Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	Specialized Aqua Exercise I	Open Aquatic Therapy	Specialized Aqua Exercise I	Open Aquatic Therapy	Specialized Aqua Exercise I	WW Aqua-Fit 9:30 am	
9:00 am	WW Aqua-Fit	WW Aqua-Fit	WW Aqua-Fit	WW Aqua-Fit	WW Aqua-Fit		
10:00 am	Open Aquatic Therapy	Aqua Walk & Stretch	Open Aquatic Therapy	Aqua Walk & Stretch	Open Aquatic Therapy	<b>Hydrostatic Weighing*</b> 7:30 am - 12:00 pm 1st Sat. of the Month	
11:00 am	Specialized Aqua Exercise II	Specialized Aqua Exercise II	Specialized Aqua Exercise II	Specialized Aqua Exercise II	Specialized Aqua Exercise II		
12:00 pm		WW Aqua-Fit		WW Aqua-Fit		<b>Family Swim</b> 12:00 pm - 3:00 pm Direct Parental Supervision ★ Required at all Times	
1:00 pm	WW Aqua-Fit	Aqua-Fusion	WW Aqua-Fit	AquaBarre	WW Aqua-Fit		
2 - 3:30 pm	Open Aquatic Therapy	Open Aquatic Therapy	Open Aquatic Therapy Kidz Klub 4:30 pm	Open Aquatic Therapy	Open Aquatic Therapy		
5:30 pm	WW Aqua-Fit	A B C's	AquaBarre	WW Aqua-Fit		<b>Open Aquatic Therapy</b> 4:30 pm - 5:30 pm	
6:30 pm							

### News and Events!

#### Swim Team Prep (STP)

Session #1: January 14th – February 18th  
Monday, Wednesday or Friday at 4:30pm  
Members \$75/ Guests \$95

Registration begins January 7th in the Customer Service Office. For more information please call the Aquatics Office at 624-3421.

#### Aqua Barre

AquaBarre is back in the evenings beginning January 2nd!

Wednesday evenings at 5:30 pm  
Warm Water Pool  
It's liquid sculpting at the pool barre!

#### Class Change:

Tuesday's AquaFit class in the Lap Pool has been cancelled.

#### Camp Igloo

Camp Igloo will be using the Lap Pool January 7th - 10th from 2:00-3:00 pm & Friday, January 11th from 3:00-4:00 pm.

### Regularly Scheduled Pool Activities

- Friday Night Fun** - 1st Friday of every month. Fun night for kids including Rockwall climbing, games and swimming. Pool use 6:30 - 7:30 pm.
- Hydrostatic Weighing** - 1st Saturday of every month. The Warm Water Pool is unavailable from 7:30 am - 12 pm. Registration and fee is required. \*
- Stroke & Turn Clinic** - 2nd Saturday of every month from 9:30 am - 12:00 pm. Each month a different stroke is featured. No registration required.
- 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.
- 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 guardian must directly supervise their own children at all times. Guest fee is required for ages 5+.

# Aquatic Schedule Class Descriptions

During busier class times lap swimmers may have to wait or share lanes.



## ABC's

A strength and conditioning class targeting abs, balance and core. A cardio segment is included. All fitness levels.

## AquaBarre

A ballet-inspired class with gentle resistance to strengthen your arms, legs and core. Experience isometric movements to tone your muscles along with long lever movements to lengthen, strengthen and improve your range of motion. All levels welcome. No prior ballet experience required.

## AquaBata

High intensity interval fitness class using the Tabata format with varied intensity to improve aerobic and anaerobic conditioning to maximize energy expenditure. This class takes place in the shallow water of our lap pool.

## Aqua Fit

High-intensity class for improving cardiovascular fitness and overall tone. Recommended for those in good physical condition.

## Aqua Fusion

A unique blend of Water Yoga, Ai Chi, balance and core stability training. Class is designed to relax, stretch and strengthen your entire body.

## Aquatics 101

Designed to inform about the properties of water and the benefits of exercising in the water. Class covers proper technique when using equipment, ways to vary intensity levels and more. This class is both educational and functional. Participants must sign up 624-3421 to make an appointment.

## Basic Training

High intensity fitness class designed to enhance cardiovascular fitness as well as muscular strength. A non-stop class format that uses a variety of aerobic combinations and equipment.

## Deep Water High Intensity Interval Training (Deep Water HIIT)

High intensity class using interval training and varied intensity to improve aerobic and anaerobic conditioning to maximize energy expenditure. This class uses various floatation devices to suspend participants in deep water.

## Deep Water Interval

Non-impact, high intensity, interval fitness class that alternates between travelling and stationary segments of cardiovascular work and toning. Requires being suspended in deep water with a floatation belt.

## High Intensity Circuit

A moderate to high intensity interval fitness class utilizing the shallow and deep areas of the pool. Circuits consist of high intensity exercises followed by lower intensity recovery during several rounds of exercise.

## Parents & Pollywogs \$\$\$ Pre-registration required

This 3-week class provides an introduction to basic swimming skills and water safety for children 6 months to 2 years. A parent must attend with the child and be in the water with them at all times. Pre-registration is required and space is limited. For more information call 624-3421. \$75 for Members / \$95 for Guests

## Open Aquatic Therapy

Our Warm Water Therapy Pool is open to members recovering from injuries or suffering from chronic conditions. Our unique exercise environment is available for members to work on their own Aquatic Therapy program in a quiet setting.

## Specialized Aquatic Exercise 1

Endorsed by the American Arthritis Foundation. Low to mild intensity levels that help improve flexibility and function, while decreasing pain and stiffness. Ideal for seniors and persons with limiting physical conditions.

## Specialized Aquatic Exercise 2

Exercise from mild to moderate intensity to help improve flexibility and function. Ideal for seniors and persons with limiting physical conditions.

## Stroke Technique

Designed for the adult swimmer interested in improving their stroke technique.

## STP (Swim Team Prep)

Series is designed for swimmers 6 to 14 years of age that are on a swim team or plan to be. Each participant must be able to swim the length of the pool and all four swim strokes. An evaluation, registration and an additional cost is required for this class.

## Supervised Swim

An opportunity to practice general swim skills and techniques in a supervised environment. Ages 5 to 16. Must be able to swim 25 yards (1 pool length), need approval from aquatics staff and swim skill level.

## Walk & Stretch

Low to no impact exercises to improve overall flexibility, range of motion, balance, strength and condition levels in addition to decreasing general pain and stiffness. Excellent for beginners and seniors with limiting physical or rheumatic conditions.

## Water Weights

Fantastic resistance training workout utilizing aquatic resistance equipment for strength and conditioning exercises. Recommended for those in good physical condition.

## WW Aqua Fit

Moderate intensity fitness class in the Warm water Therapy Pool great for improving cardiovascular fitness and overall tone.

**Pool Rules:** All facility rules are applicable and enforced in the pool areas.

- Horseplay, such as running, splashing, shoving or dunking is not permitted.
- Spitting, spouting water or blowing nose in the water is prohibited.
- Glass containers or metal objects are not allowed in the pool areas
- Showers are to be taken before entering the pool or spas.
- Individuals with sores or rashes are not allowed in the pool area.
- Hair that is shoulder length or longer should be secured with a swim cap or rubber band.
- Aqua-socks or shoes are strongly recommended for all members in and around the pool area.
- Food, drinks, smoking and gum chewing are prohibited in the pool areas. (Water bottles are permitted)
- Diving is not allowed.
- Please refrain from swimming laps in the Warm Water Therapy Pool.
- No sitting or hanging on the lane lines.
- Appropriate bathing attire must be worn.
- No one under eighteen is allowed on the water treadmills.
- Members 12 through 15 years can utilize the pools with direct supervision of an adult member over 18 years old.
- Children under 12 years of age can participate in youth aquatic activities but are not permitted in the pool outside of these scheduled activities.

**Due to the health risk of elevated body heat, it is not permitted for children under 12 years of age to use the spa.**