November 2026
Aquatic Schedule

Kaweah Health Lifestyle Fitness Center

Multi-use Lap Pool

Two lanes will be reserved for private swim lessons 3:30 PM-7:30 PM Monday through Friday and 8 AM-12 PM on Saturdays

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
8:30 AM	Deep Water Intervals		AquaBata		AquaBata		Deep Water Intervals 8:30 AM	Family Swim 1PM-3 PM Direct parental supervision is required at all times.
4:30 PM								
5:30 PM		Aqua Fit						

Warm Water Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
9:00 AM		WW Aqua-fit		WW Aqua-fit			WW Aqua-fit 9:30 AM	
10:00 AM	Specialized	Walk & Stretch	Specialized	Specialized	Specialized			
11:00 AM	Specialized						Hydrostatic Weighing* 8:00 AM-11:30 AM	Family Swim 1PM-3 PM Direct parental supervision is required at all times.
12:00 PM		WW Aqua-fit		WW Aqua-fit				
1:00 PM	WW Aqua-fit		WW Aqua-fit		WW Aqua-fit			
2-3:30 PM	Open Aquatic Therapy	Open Aquatic Therapy	Open Aquatic Therapy	Open Aquatic Therapy	Open Aquatic Therapy		Open Aquatic Therapy 4:30 PM-5:30 PM	
5:30 PM	WW Aqua-fit		WW Aqua-fit					
6:30 PM								

Holiday Hours:

Wednesday, November 25th Last class 10:00 AM

Thursday, November 26th CLOSED

Friday, November 27th NO 1:00 PM class.

Aquatic Holiday Giving

We are collecting new pairs of warm pajamas in both adult and children sizes benefitting Visalia Rescue Mission during the month of November 1st – 30th. Please bring new and unused items to the Aquatics office or drop in the bin in the lobby by Tuesday, December 1st, 2026.

Pool Etiquette

The pools are open to all members while classes are scheduled. However, please remember to be courteous to class participants and our instructors. Please do not swim through classes or hold conversations while classes are in progress.

Regularly Scheduled Pool Activities

Hydrostatic Weighing

Hydrostatic weighing is the first Saturday of the month. The Warm Water Pool will be unavailable from **8:00 AM-11:30 AM.**

Aquatic Schedule Class Descriptions

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

Kaweah Health Lifestyle Fitness Center

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 conditioning.

Aqua Zumba

Aqua Zumba is a pool party you cannot miss! Make a splash with this low-impact, high-energy aquatic class using the water's resistance.

Deep Water Interval

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

Family Swim

This is open swim time when families are invited to come and enjoy the pools together. Participants must be at least six months old. Parent or legal guardian must directly supervise their own children at all times.

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.

Parents & Pollywogs

This three-week class provides an introduction to basic swimming skills and water safety for children six months to two 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 (559) 624-3421

Specialized Aquatic Exercise

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

Stroke Technique Workshop

Improve efficiency and increase speed in the water. This workshop will work on stroke and flip turns. Participants must be able to swim the length of the pool. Pre-registration and fee is required.

Swim Team Prep

Three-week series designed for swimmers 6 ½ 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 have basic knowledge of Freestyle and Backstroke. Pre-registration and fee is required.

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. Includes elements of Tai Chi and Yoga in the water.

WW Aqua Fit

Moderate intensity fitness class in the Warm water Pool. This class is 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 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 bath attire must be worn.
- No one under eighteen is allowed on the water treadmills.
- Members twelve through fifteen years can utilize the pools with direct supervision of an adult member over eighteen years old.

Children under twleve 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 twelve years of age to use the spas.

5105 W. Cypress Ave., Visalia, CA | (559) 624-3400 | TheLifestyleCenter.org