

## 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 8:30 am	
8:30 am	Deep Water Intervals		AquaBata		Deep Water Intervals		<b>Family Swim</b> 1PM-3PM Direct parental supervision is required at all times.
4:30 pm	<b>STP</b>		<b>STP</b>				
5:30 pm		Aqua-Fit					

## Warm Water Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am						WW Aqua-Fit 9:30 am	
9:00 am		WW Aqua-Fit		WW Aqua-Fit		<b>Hydrostatic Weighing*</b> 7:30 am -12:00 pm 1st Sat. of the Month	<b>Family Swim</b> 1PM-3PM Direct parental supervision is required at all times.
10:00 am	Specialized		Specialized		Specialized		
11:00 am							
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		
5:30 pm	WW Aqua-Fit		WW Aqua-Fit			<b>Open Aquatic Therapy</b> 4:30 pm -5:30 pm	
6:30 pm		Parents & Pollywogs		Parents & Pollywogs			

**Parents & Pollywogs**  
 Session #3 September 6-22  
 Tuesdays and Thursdays  
 For more information, contact the Aquatics Office at (559) 624-3421

**Swim Team Prep (STP)**  
 September 12 - 28,  
 Monday & Wednesdays, Pre-registration required, for more information contact the Aquatics Office (559) 624-3421

### 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.

### Social Distancing

The health and safety of our members and staff remain our top priority. All changes to our schedule has been implemented to help reduce the spread of COVID-19. Thanks you for your patience.

### Regularly Scheduled Pool Activities

### Hydrostatic Weighing

1st Saturday of every month. The Warm Water Pool is unavailable from 7:30 am - 12 pm. Registration and fee is required. \*

# Aquatic Schedule Class Descriptions

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



## 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.

## 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.

## 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.

## 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 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.

**\$80 for Members/\$100 for Guests.**

## 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.

## 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.**