



FALL 2018 TEACHING POOL SCHEDULE

Last modified 8/20/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am Water Fitness Deep Lap Lane Open Shallow End Open	6 am Water Fitness Deep Lap Lane Open Shallow End Open	6 am Water Fitness Deep Lap Lane Open Shallow End Open	6 am Water Fitness Deep Lap Lane Open Shallow End Open	6 am Water Fitness Deep Lap Lane Open Shallow End Open	
7 am Open Swim	7 am Open Swim	7 am Open Swim	7 am Open Swim	7 am Open Swim	
8 am Open Swim	8 am Open Swim	8 am Open Swim	8 am Open Swim	8 am Open Swim	
9 am AOA – Deep AOA – Shallow Lap Lane Open Pool Closed	9 am Water Walking Shallow Lap Lane Open Deep End Open	9 am AOA – Deep AOA – Shallow Lap Lane Open Pool Closed	9 am Water Walking Shallow Lap Lane Open Deep End Open	9 am AOA – Deep AOA – Shallow Lap Lane Open Pool Closed	9 am Swim Lessons Deep End Open
10 am Swim Lessons Open Swim	10 am Water Fitness Deep Lap Lane Open Pool Closed	10 am Swim Lessons Open Swim	10 am Water Fitness Deep Lap Lane Open Pool Closed	10 am Open Swim	10 am Swim Lessons Deep End Open
11 am Open Swim	11 am Swim Lessons Deep End Open	11 am Open Swim	11 am Swim Lessons Deep End Open	11 am Open Swim	11 am Swim Lessons Deep End Open
12 pm Open Swim	12 pm Open Swim	12 pm Open Swim	12 pm Open Swim	12 pm Open Swim	12 pm Open Swim Rentals
1 pm Open Swim	1 pm Water Range of Motion Lap Lane Open Deep End Open	1 pm Open Swim	1 pm Water Range of Motion Lap Lane Open Deep End Open	1 pm Open Swim	1 pm Open Swim Rentals
2 pm Open Swim	2 pm Open Swim	2 pm Open Swim	2 pm Open Swim	2 pm Open Swim	2 pm Open Swim Rentals
3 pm Open Swim	3 pm Open Swim	3 pm Open Swim	3 pm Open Swim	3 pm Open Swim	3 pm Open Swim Rentals
4 pm Open Swim	4 pm Open Swim	4 pm Open Swim	4 pm Open Swim	4 pm Open Swim	4 pm Open Swim Rentals
5 pm Water Fitness Swim Lessons Lap Lane Closed Shallow End Open	5 pm Water Fitness Swim Lessons Lap Lane Closed Shallow End Open	5 pm Water Fitness Swim Lessons Lap Lane Closed Shallow End Open	5 pm Water Fitness Swim Lessons Lap Lane Closed Shallow End Open	5 pm Open Swim	5 pm Pool Closed
6 pm Open Swim Swim Lessons Lap Lane Closed	6 pm Aqua Zumba Swim Lessons Lap Lane Closed Deep End Open	6 pm Open Swim Swim Lessons Lap Lane Closed	6 pm Open Swim Swim Lessons Lap Lane Closed	6 pm Aqua Zumba Deep End Open	
7 pm Open Swim	7 pm Open Swim	7 pm Open Swim	7 pm Open Swim	7 pm Open Swim Rentals	SUNDAY
					1 pm – 4:30 pm Open Swim



CLASS DESCRIPTIONS

AQUA ZUMBA

Aqua Zumba is safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. Don't be fooled, this is not your normal aqua class. The moves are intense. Remember, you will be moving your bodies for 45 to 60 minutes against the resistance of water. The movements are challenging and you can really feel the muscles working against the resistance. Latin dance rhythms that are incorporated into the class. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping.

AOA FITNESS AEROBICS – Shallow Water

Walking, running, jumping and a variety of aerobic movements are performed in the pool to increase heart rate and provide both a cardiovascular and strength training workout. A variety of water equipment, including dumbbells and noodles are used for conditioning.

AOA FITNESS AEROBICS – Deep Water

Enjoy an invigorating, no-impact cardio workout in deep water (floatation belts are provided for comfort and safety). Increase cardiorespiratory function, gain muscle strength and improve overall endurance while using water dumbbells in this high-intensity workout.

WATER WALKING

Increase your flexibility and agility in this low-impact workout. Emphasis is on balance and posture while helping to increase the strength in your legs. This class is a great way to get started in a water exercise program, or use as a warm up for any other activity.

WATER FITNESS

This class is designed to give participants the experience of a variety of water exercises. The class will increase cardiorespiratory function, muscle strength and overall endurance. Classes may be taught in deep or shallow water, but no swimming skills are required. Water belts are used when in the deep water.

WATER RANGE OF MOTION

This class provides individuals with arthritis a recreational group exercise program in a safe environment. The class is appropriate for people who are less active, have low cardiorespiratory endurance and have mild to severe joint limitations. Benefits include decreased joint pain and stiffness by improving joint flexibility, muscle strength, balance and coordination.

Please take note

NO free swim during aerobic classes