

Warm Pool

Monday	Tuesday	Wednesday	Thursday	Friday	<u>WEEKEND</u> Saturday
Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 7:00-9:00
All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 9:00-10:00
Water Fitness 9:00-10:00	Water Fitness 9:00-10:00	Water Fitness 9:00-10:00	Water Fitness 9:00-10:00	Water Fitness 9:00-10:00	Family Swim 10:00-3:00
Water Walking 10:00-11:00	Water Walking 10:00-11:00	Water Walking 10:00-11:00	Water Walking 10:00-11:00	Water Walking 10:00-11:00	All Workout 3:00-6:00
All Workout 11:00-12:00	Tri-Aqua 11:00-12:00	All Workout 11:00-12:00	Tri-Aqua 11:00-12:00	All Workout 11:00-12:00	Adult Workout 6:00-8:00
Therapy 12:00-1:00	All Workout/ Swim Lessons 12:00-7:00	Therapy 12:00-1:00	All Workout/ Swim Lessons 12:00-7:00	Therapy 12:00-2:00	Sunday
All Workout/ Swim Lessons 1:00-5:30		All Workout/ Swim Lessons 1:00-5:30		All Workout/ Swim Lessons 2:00-5:30	Adult Workout 9:00-10:00
Family Swim 5:30-8:30		Family Swim 5:30-8:30		Family Swim 5:30-8:30	Family Swim 10:00-3:00
Adult Workout 8:30-11:00		Adult Workout 8:30-11:00		Adult Workout 8:30-11:00	All Workout 3:00-5:00
	Therapy 7:00-8:30		Therapy 7:00-8:30		Water Fitness 5:00-6:00
					All Workout 6:00-8:30
					Adult Workout 8:30-9:00

All classes are included in your membership, join anytime!

Updated 06-09

Adult Workout: Individual workout time for members 18 years & older only.

All Workout: Members age 8 and older may walk/swim laps or do therapy exercise.

An adult must accompany children under 14 years.

Swim Lessons for all ages may be scheduled during this time.

Family Swim: Recreational swim for parents and their kids. (Under 8 yrs OK)

Therapy: Therapy exercises, walking, slow lap swimming & stretching only.

Swimming Lessons: Group swim lessons are offered during this time. The pool is also available at this time for "**All Workout**" activities during this time.

Water Fitness: A class for all ages and fitness levels.

Water Walking: A slower moving class for all ages. Includes stretching, range of motion, and toning moves.

Tri Aqua: This Mind/Body class incorporates many moves from other classes including, Kickboxing, Pilates, and Arthritis; focus is on Range of Motion, Balance, and Strength.