



AQUATIC EXERCISE SCHEDULE

Effective April 2011 – July 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Open Swim	8:00 – 1:00 Open Swim	8:00 Open Swim	8:00 – 1:00 Open Swim	8:00 Open Swim
9:30 Water Aerobics L2/3		9:30 Deep Water Aerobics		9:30 Water Aerobics L2/3
10:15 Aqua Fit L2/3		10:15 Aqua Fit L2/3		10:15 Aqua Fit L2/3
11:00 Aqua Lite L1		11:00 Aqua Lite L1		11:00 Aqua Lite L1
11:45 Men's Aquatics L1/2		11:45 Men's Aquatics L1/2		11:45 Men's Aquatics L1/2
12:30 – 1:00 Open Swim		12:30 – 1:00 Open Swim		12:30 – 1:00 Open Swim
3:00 – 5:00 Open Swim		3:00 – 5:00 Open Swim		3:00 – 5:00 Open Swim

Aquatic Exercise Class Description

Water Aerobics (Level 2/3): This aquatic class is higher-intensity, continuous movement, without the use of equipment. The complete water workout! Builds muscle, increases aerobic fitness, and improves flexibility. No swimming skills are necessary to attend this class. 45-minute class

Aqua Fit (Level 2/3): Work out at your own pace and have fun at the same time. Low to medium-intensity aerobic exercises. This is a great class for anyone looking to maintain or jump-start a fitness program. 45-minute class

Aqua Lite (Level 1): This class focuses on flexibility, light cardiovascular exercise and includes strength training components. A small portion of the class uses the floatation noodle. Aqua Lite is designed for anyone looking for a great level 1 or 2 workout. 45-minute class

Deep Water Aerobics (Level 2/3): (Wednesdays ONLY!) A noodle or a water belt is provided. This class designed to challenge both the cardiovascular and muscular systems. The workout performs movements forward and backward suspended in the pool. Exercise equipment is provided. 45-minute class

Lap Swim (All levels): Take advantage of this time to

Men's Aquatics (Level 1/2): This is an aquatic class for men only and addresses flexibility, strength and cardiovascular training. This class uses continuous movement along with resistance training movements. A small portion of the class is suspended using a floatation noodle. 45-minute class

Open Swim (All levels). . .from lap-swimming to water-walking or just plain old recreation. The pool is open! Please be respectful to all lap swimmers. Lane lines may be in place during this time.

Saturday- 8 a.m. - 12:30 p.m. Open Swim FREE Family Day (Up to 4 guests!)

Guests: \$5 except Saturdays

Information Line X3567

