Pool & Aquatic Class Schedule

Effective 10.19.20

***POOL CLOSED: 12:00 noon - 1:00 pm**

Monday		Tuesday	
8:00-8:45	Lap Swim (all 4 lanes open)	8:00-8:45	Lap Swim (all 4 lanes open)
9:15-10:00	Water Walking	9:15-10:00	Water Walking
10:30-11:00	SilverSneakers® Splash	10:30-11:00	SilverSneakers® Splash
11:30-12:00	Open Swim	11:30-12:00	Lap Swim
12:00-1:00	***Pool Closed**	**12:00-1:00**	***Pool Closed**
1:00-1:45	Open Swim	1:00-1:45	Open Swim
2:15-3:00	Water Walking	2:15-3:00	Arthritis & Balance Aquacise
3:30-4:00	Lap Swim (all 4 lanes open)	3:30-4:00	Lap Swim (all 4 lanes open)

Wednesday		Thursday	
8:00-8:45	Lap Swim (all 4 lanes open)	8:00-8:45	Lap Swim (all 4 lanes open)
9:15-10:00	Water Walking	9:15-10:00	Water Walking
10:30-11:00	SilverSneakers® Splash	10:30-11:00	SilverSneakers® Splash
11:30-12:00	Open Swim	11:30-12:00	Lap Swim
12:00-1:00	***Pool Closed**	**12:00-1:00**	***Pool Closed**
1:00-1:45	Open Swim	1:00-1:45	Open Swim
2:15-3:00	Water Walking	2:15-3:00	Arthritis & Balance Aquacise
3:30-4:00	Lap Swim (all 4 lanes open)	3:30-4:00	Lap Swim (all 4 lanes open)

Friday		Maximum Occupancy for classes
8:00-8:45	Lap Swim (all 4 lanes open)	Lap Swim with locker room access - 4
9:15-9:45	SIlver Sneakers Splash	
10:30-11:00	Water Walking	All other sessions
11:30-12:00	Open Swim	4 Women locker room access
12:00-1:00	***Pool Closed**	2 Men's locker room access
1:00-1:45	Open Swim	4 without locker room access
2:15-3:00	Lap Swim (all 4 lanes open)	

Aquatic Class Descriptions

ALL CLASSES ARE INCLUDED WITH MEMBERSHIP

Arthritis & Balance Aquacise: A low impact/intensity water workout for people with arthritis and arthritis-related health issues. In this class you will concentrate on joints and exercises designed to increase your range of motion. The class also includes a variety of exercises to strengthen core muscles and improve balance. Please be mindful of others in the pool during this time and maintain social distancing.

Lap Swim: Lap swimmers will each have a single lane of their own available to swim.

Open Swim: During open swim, members can enjoy the pool, and individually exercise at their own pace! Please be mindful of others in the pool during this time and maintain social distancing.

SilverSneakers® Splash: This class uses a variety of equipment (noodles, barbells, etc.). Focus on cardio, balance, coordination, range of motion, and muscle strengthening exercises. Please be mindful of others in the pool during this time and maintain social distancing.

Water Walking: This is a self- guided program. Walking in the water offers several benefits over taking your typical stroll on land. Changing your water walking routine keeps it interesting while allowing you to work different muscles as part of the exercise. Please be mindful of others in the pool during this time and maintain social distancing.

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