

| MON.  | TUES.   | WED.   | THURS.   | FRI.  | SAT.  | SUN.  |
|---|---|--|--|---|---|---|
| SWIM LESSONS<br>LAP SWIM<br>6-10 am                   | SWIM LESSONS<br>LAP SWIM<br>6-9:30 am             | SWIM LESSONS<br>LAP SWIM<br>6-9:30 am                  | SWIM LESSONS<br>LAP SWIM<br>6-9:30 am                                    | SWIM LESSONS<br>LAP SWIM<br>6-9:30 am                             | SWIM LESSONS<br>LAP SWIM<br>7-9 am  | SWIM LESSONS<br>LAP SWIM<br>7-10 am           |
| POWER<br>PLUNGE!<br>Cynthia<br>10 am<br>90 Min Lvl ML | AQUA SCULPT**<br>Maria<br>8-9 am<br>60 Min Lvl ML | H2O<br>TOTAL TONE*<br>Mike<br>9:30 am<br>75 Min Lvl ML | AQUA SCULPT**<br>Maria<br>8-9 am<br>60 Min Lvl ML                        | H2O<br>TOTAL TONE*<br>Allison/Mary L.<br>9:30 am<br>75 Min Lvl ML | AQUA CORE<br>Mary H. /Mary Lou<br>9 am<br>90 Min Lvl ML   | AQUA-MIX*<br>Mary<br>10 am<br>75 Min Lvl ML   |
| SUMMER CAMP<br>SWIMMING<br>11:30 am-12:30 pm          | H2O TURBO*<br>Marty<br>9:30 am<br>75 Min Lvl ML   | SWIM LESSONS<br>OPEN SWIM<br>10:45 am-7 pm             | H2O TURBO<br>Mary Lou<br>9:30 am<br>75 Min Lvl ML                        | SWIM LESSONS<br>OPEN SWIM<br>10:45 am-7 pm                        | SWIM LESSONS<br>OPEN SWIM<br>10:30 am-7:30 pm   | SWIM LESSONS<br>OPEN SWIM<br>11:15 am-4:15 pm |
| OPEN SWIM<br>SWIM LESSONS<br>11:30 am-9 pm            | SWIM LESSONS<br>OPEN SWIM<br>10:45 am-4 pm        | SUMMER CAMP<br>SWIMMING<br>11:30 am-12:30 pm           | SWIM LESSONS<br>OPEN SWIM<br>10:45 am-7 pm                               | SUMMER CAMP<br>SWIMMING<br>11:30 am-12:30 pm                      |   | SWIM CLINICS<br>4:15-7:30 pm                  |
| LAP<br>SWIM<br>9-10:30 pm                             | SUMMER CAMP<br>SWIMMING<br>11:30 am-12:30 pm      | AQUA-CORE*<br>Jean<br>7 pm<br>60 Min Lvl ML            | SUMMER CAMP<br>SWIMMING<br>11:30 am-12:30 pm                             | LAP<br>SWIM<br>7-10:30 pm   | <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>** AQUA SCULPT<br/>Begins Tuesday<br/>August 10th</b></p> <p>◆</p> <p><b>~NOTE~<br/>2 Lanes will be<br/>allocated for<br/>Lap Swim and<br/>Swim Lessons.</b></p> </div> |   |
|   | SWIM CLINICS<br>4-7 pm                            | OPEN<br>SWIM<br>8-9 pm                                 | HYDRO FIT*<br>Mary 1st & 3rd<br>Maria 2nd & 4th<br>7 pm<br>60 Min Lvl ML |   |   |   |
|   | HYDRO FIT<br>Jean<br>7 pm<br>60 Min Lvl ML        | LAP SWIM<br>9-10:30 pm                                 | OPEN SWIM<br>8-9 pm  |   |   |   |
|   | OPEN SWIM<br>8-9 pm                               |  | LAP SWIM<br>9-10:30 pm   |   |   |   |
|   | LAP SWIM<br>9-10:30 pm                            |  |  |   |   |   |

- AM H2O classes automatically receive 3 lanes
- During Open Swim, lap swimming is only allowed in the reserved lap lane, and one lane may be used for a swim lesson.
- During exercise classes and swim clinics there will be only one lane available for adult lap swimming unless otherwise noted.
- Children may swim during open swim times or during a swim lesson.
- One lane will be open at all times for Lap Swimming — PLEASE SHARE LANES AS NEEDED, Circle swim, 30 minute time limit while others are waiting.
- No children under 8 years of age may be left unattended.
- Any child 8 to 12 unaccompanied by an adult must pass a swim test. (See Lifeguard for details)

**Kids under 16 are not permitted to use hot tub**

# AQUATIC CLASS DESCRIPTIONS

## **H<sub>2</sub>O TURBO**

This aerobic class offers a vigorous, shallow water workout. 35 minutes of aerobic and strength intervals, 25 minutes of core and stretch work and a cool-down. Equipment will be used occasionally and the focus of H<sub>2</sub>O Turbo will be to enthusiastically move the water!

## **TOTAL TONE**

A full body work out that provides both aerobic conditioning and core strength exercises. Emphasis is on proper form and posture for noticeable conditioning improvements. You will love the challenge and variety of exercises.

## **CORE FIT**

This class was designed for, but not limited to, the regular aquatic participant. Format takes place out of water and focuses solely on posture, balance, and stability without the support of water. Gradual introduction of strength and resistance elements will be encouraged.

## **HYDRO FIT**

A complete workout that provides aerobic intervals, strength and resistance training, flexibility work, and FUN. This class is wonderful. You definitely want to join.

## **POWER PLUNGE**

Take the "Plunge" with this terrific 1<sup>1</sup>/<sub>2</sub> hour class. This class into two forty-five minute segments. One dedicated to strength and cardio and the other to flexibility and stability. Don't miss the enthusiasm and terrific instruction of this class.

## **AQUA MIX**

This class combines both shallow and deep water cardio exercises, with strength training and stretching. An excellent full body conditioning format.

## **AQUA CORE**

Combinations of cardiovascular exercise, with particular emphasis on core strength, balance, and flexibility. Use of equipment, exercise tubing and water weights, will add a level of challenge to this full body workout.

## **PRIVATE & GROUP SWIM LESSON**

Private, semi-private and group lessons are available for all ages and levels. Please see the Aquatics Director for information and a free swimming assessment.

## **LAP SWIM**

During Lap Swim all lanes of the pool are reserved for lap swimmers.

## **OPEN SWIM**

Pool is unreserved and available for members' enjoyment.