

| MON. | TUES. | WED. | THURS. | FRI. | SAT. | SUN. |
|-------------------------------------------------------|------------------------------------------------|-------------------------------------------------------|---------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------|
| SWIM LESSONS LAP SWIM 6-10 am | SWIM LESSONS LAP SWIM 6-9:30 am | SWIM LESSONS LAP SWIM 6-9:30 am | SWIM LESSONS LAP SWIM 6-9:30 am | SWIM LESSONS LAP SWIM 6-9:30 am | SWIM LESSONS LAP SWIM 7-9 am | SWIM LESSONS LAP SWIM 7-10 am |
| POWER PLUNGE! Cynthia 10 am 90 Min Lvl ML | H2O TURBO Marty 9:30 am 75 Min Lvl ML | H2O TOTAL TONE Mike 9:30 am 75 Min Lvl ML | H2O TURBO Mary Lou 9:30 am 75 Min Lvl ML | H2O TOTAL TONE Mike/Nancy/Mary L. 9:30 am 75 Min Lvl ML | AQUA CORE Mary H. /Mary Lou 9 am 90 Min Lvl ML | AQUA-MIX Mary 10 am 75 Min Lvl ML |
| OPEN SWIM SWIM LESSONS 11:30 am-9 pm | SWIM LESSONS OPEN SWIM 10:45 am -4 pm | SWIM LESSONS OPEN SWIM 10:45 am -7 pm | SWIM LESSONS OPEN SWIM 10:45 am -7 pm | SWIM LESSONS OPEN SWIM 10:45 am -7 pm | SWIM LESSONS OPEN SWIM 10:30 am-9:30 pm | SWIM LESSONS OPEN SWIM 11:15 am-4:15 pm |
| LAP SWIM 9-10:30 pm | SWIM CLINICS 4-7 pm | AQUA-CORE Jean 7 pm 60 Min Lvl ML | HYDRO FIT Mary 7 pm 60 Min Lvl ML | LAP SWIM 7-10:30 pm | | SWIM CLINICS 4:15-8 pm |
| | HYDRO FIT Jean 7 pm 60 Min Lvl ML | OPEN SWIM 8-9 pm | OPEN SWIM 8-9 pm | | | SWIM LESSONS OPEN SWIM 8-9:30 pm |
| | OPEN SWIM 8-9 pm | LAP SWIM 9-10:30 pm | LAP SWIM 9-10:30 pm | | | |
| | LAP SWIM 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.
- * One lane will be open at all times for Lap Swimming — PLEASE SHARE THE LANES.
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)
- * During swim clinics only one lane is open for lap swimming.

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

AQUATIC CLASS DESCRIPTIONS

H₂O 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 H₂O 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 1¹/₂ hour class. This class is split 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.