

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 55 Min Lvl ML	H2O TURBO* Marty 9:30 am 75 Min Lvl ML	+TRIATHLON SWIM TRAINING Jo/Art 6:30 am 60 Min	H2O TURBO Mary Lou 9:30 am 75 Min Lvl ML	+TRIATHLON SWIM TRAINING Jo/Art 6:30 am 60 Min	AQUA CORE Mary 1st & 3rd Lauretta 2nd & 4th 9 am 90 Min Lvl ML	AQUA-MIX* Mary 10 am 75 Min Lvl ML
POWER** PLUNGE! Cynthia 11 am 55 Min Lvl ML	SWIM LESSONS OPEN SWIM 10:45 am -4 pm <b>NEW CLASS!</b>	H2O TOTAL TONE* Mike 9:30 am 75 Min Lvl ML	SWIM LESSONS OPEN SWIM 11:30 am -7 pm	H2O TOTAL TONE* Mike/Mary Lou 9:30 am 75 Min Lvl ML	SWIM LESSONS OPEN SWIM 10:30 am-9:30 pm	SWIM LESSONS OPEN SWIM 11:15 am-4:15 pm
OPEN SWIM SWIM LESSONS 12-9 pm	+MOM & ME Jo 11:15 - 11:45 am 30 Min <b>NEW CLASS!</b>	AQUA SCULPT** Lauretta 11 am 60 Min Lvl ML <b>NEW TIME!</b>	HYDRO FIT* Mary 1st & 3rd Maria 2nd & 4th 7 pm 60 Min Lvl ML	SWIM LESSONS OPEN SWIM 12:30 pm -7 pm	SWIM CLINICS 4:15-8 pm	SWIM LESSONS OPEN SWIM 8-9:30 pm
LAP SWIM 9-10:30 pm	HYDRO FIT Jean 7 pm 60 Min Lvl ML	SWIM LESSONS OPEN SWIM 12:30 pm -7 pm	OPEN SWIM 8-9 pm	LAP SWIM 7-10:30 pm		
	OPEN SWIM 8-9 pm	AQUA-CORE* Jean 7 pm 60 Min Lvl ML	LAP SWIM 9-10:30 pm			
	LAP SWIM 9-10:30 pm	OPENSWIM 8-9 pm				
		LAP SWIM 9-10:30 pm				

+ Associated Cost

\*Seniorise Classes (Senior Friendly)

**\*\*NEW CLASSES!!**

~NOTE~  
 2 Lanes will be  
 allocated for  
 Lap Swim and  
 Swim Lessons.

- 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.

## **AQUA SCULPT**

This class was designed for, but not limited to, the regular aquatic participant. Format takes place in the water and focuses solely on posture, balance, and stability with 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 1/2 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.

## **TRIATHLON SWIM TRAINING**

This new program is multi-level conditioning for adult lap swimmers. The bi-weekly structured workouts will be developed and team-taught by USA Swim Coaches Art Vera and Jo Podlasek. The focus will be swim training including stroke improvement, freestyle drills, and distance swimming techniques as well as meeting your individual goals. (associated cost)

## **MOM & ME**

It's never too soon to introduce your little one to water! A fun and important experience for both you and your baby/toddler, this class will be led by experienced instructor Jo Podlasek. One adult is required to be in the water with the child during the entire 30 minute class.