

# AQUA FITNESS

|             | MON                        | Tues                       | Wed                        | Thur                       | Fri                 | Sat           |
|-------------|----------------------------|----------------------------|----------------------------|----------------------------|---------------------|---------------|
| 8:30        | Adults on Their Own        | Adults on Their Own        | Adults on Their Own        | Adults on Their Own        | Adults on Their Own | <b>CLOSED</b> |
| 9:00        | <b>Waterworks</b>          | <b>Mermaids</b>            | <b>Waterworks</b>          | <b>Mermaids</b>            | <b>Waterworks</b>   |               |
| 10:15       | <b>Arthritis</b>           | Sr. Splash Plus            | <b>Arthritis</b>           | Sr. Splash Plus            | <b>Arthritis</b>    |               |
| 11:00-12:30 | Adults on Their Own        | Adults on Their Own        | Adults on Their Own        | Adults on Their Own        | Adults on Their Own |               |
| 12:30-4:00  | <b>CLOSED</b>              | <b>CLOSED</b>              | <b>CLOSED</b>              | <b>CLOSED</b>              | <b>CLOSED</b>       |               |
| 4:00        | Adults on Their Own        | Adults on Their Own        | Adults on Their Own        | Adults on Their Own        |                     |               |
| 5:00        | <b>Boot Camp</b>           | <b>Waterworks</b>          | <b>Adults on Their Own</b> | <b>Waterworks</b>          |                     |               |
| 6:00-7:00   | <b>Adults on Their Own</b> | <b>Adults on Their Own</b> | <b>Adults on Their Own</b> | <b>Adults on Their Own</b> |                     |               |

## TEMPORARY POOL HOURS

|                   |                  |             |        |
|-------------------|------------------|-------------|--------|
| Monday-Friday -   | 8:30am - 12:30pm | Saturdays - | Closed |
| Monday-Thursday - | 4:00pm - 7:00pm  | Sundays -   | Closed |
| Friday -          | 8:30am - 12:30pm | Friday -    | Closed |
|                   |                  | Evening     |        |

- \* All structured aquatic classes will be 45 min. Only class participants will be allowed to utilize the pool during scheduled classes.
- \* Individuals are ONLY permitted in the pool area prior to or immediately following (5-10min) a pool session, i.e. therapy, aerobics, adult swim. Individuals accompanying a patient may remain in the pool during the session.
- \* Members must be 16 years old to utilize the pool during **Adults on Their Own** class.
- \* Members ages 13-15 may attend structured classes with a parent. These members will not be allowed to utilize the pool during **Adults on Their Own** classes.
- \* Children ages 12 & under will be allowed to utilize the pool during **Family Affair** classes only. A parent must be in the pool with their child and within arm's reach at all times during **Family Affair** class. Children will be required to demonstrate their swimming ability.

**Adults on their Own-** Open pool time for member 16 years of age and older. No one under 16 years of age will be allowed in pool during this time. This is not a structured class.

**Family Affair-** Open pool time for all members. Members and their children will be allowed to use the pool during this time. Children must demonstrate their swimming ability. A parent must be in the pool and within arm's reach of children at all times.

**Arthritis-** this class is designed for people of any age living with arthritis and other related diseases. This class will include activities and exercises to encourage self-care, provide social interaction, improve muscular strength, endurance and flexibility, manage pain, and relieve symptoms of arthritis. Low intensity Endurance will be incorporated. Pool temperature constant at 83-88 degrees.

**Sr. Splash PLUS-** This program includes exercises and components from the basic Arthritis class and progresses to an endurance component with longer periods of increased, sustained activity than the basic program. This aqua class may include intensity and resistance variations and equipment.

**Aqua Boot Camp** This power and strength aquatic class is an incredibly challenging program incorporating interval training and resistance equipment. If your goal is to improve your cardio endurance, strength and flexibility this workout is for you.

**Water Works-** The perfect choice for an awesome aerobic workout to burn fat and have fun. You will learn basic moves with intensity options and technique cues. A great class to challenge each muscle group for strength, firming and definition utilizing noodles, kick boards, and paddles. Enjoy a soothing cool-down and stretch at the end.

**Mermaids-** Women only **Waterworks** class.

**Aqua Circuit-** This class is an interval style class. Instructor will set up stations and you'll move from station to station performing different exercises. Exercises will vary on muscle toning and aerobic exercises. Equipment will be used. Great class for people who may be new to water exercise.

**FINS-** This class is for kids 7-12 years old. Kids must be able to swim for prolonged periods of time. This is a fun, structured class offered during the school year.

### November 1-30

|       | 2     | 3     | 4        | 5                                  | 6        | 7        |
|-------|-------|-------|----------|------------------------------------|----------|----------|
| 9:00  | Linda | Janet | Janet    | Linda                              | Nancy    | NO CLASS |
| 10:15 | Linda | Janet | Janet    | Linda                              | Nancy    |          |
| 5:00  |       |       | No Class |                                    | No Class |          |
|       | 9     | 10    | 11       | 12                                 | 13       | 14       |
| 9:00  | Linda | Janet | Janet    | Linda                              | Nancy    | NO CLASS |
| 10:15 | Linda | Janet | Janet    | Linda                              | Nancy    |          |
| 5:00  |       |       | No Class |                                    | No Class |          |
|       | 16    | 17    | 18       | 19                                 | 20       | 21       |
| 9:00  | Linda | Janet | Janet    | Linda                              | Nancy    | NO CLASS |
| 10:15 | Linda | Janet | Janet    | Linda                              | Nancy    |          |
| 5:00  |       |       | No Class |                                    | No Class |          |
|       | 23    | 24    | 25       | Happy Thanksgiving Wellcare Closed | 27       | 28       |
| 9:00  | Linda | Janet | Janet    |                                    | NO CLASS | NO CLASS |
| 10:15 | Linda | Janet | Janet    |                                    |          |          |
| 5:00  |       |       | No Class |                                    |          |          |
|       | 30    |       |          |                                    |          |          |
| 9:00  | Linda |       |          |                                    |          |          |
| 10:15 | Linda |       |          |                                    |          |          |
| 5:00  |       |       |          |                                    |          |          |