

# AQUATICS CALENDAR

## EAST POOL

In Effect June 2–July 26

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY                                 | SATURDAY  |
|---|--|--|--|--|---|
| 5:00–7:00am<br>Water Fitness                                    | 5:00–7:00am<br>Water Fitness   | 5:00–7:00am<br>Water Fitness                                     | 5:00–7:00am<br>Water Fitness   | 5:00–7:00am<br>Water Fitness           |   |
| 7:00–7:45am<br>Aqua Fit Shallow*                                |  | 7:00–7:45am<br>Aqua Fit Shallow*                                 |  | 7:00–7:45am<br>Aqua Fit Shallow*       | 8:00–10:15am<br>Water Fitness<br><i>New time<br/>beginning June 7</i> |
| 8:00–8:45am<br>Aqua Fit Deep                                    | 8:15–8:45am<br>Private<br>Swim Lessons   | 8:00–8:45am<br>Aqua Fit Deep                                     | 8:15–8:45am<br>Private<br>Swim Lessons   | 8:00–8:45am<br>Aqua Fit Deep           |   |
|   | 9:00–10:45am<br>Group<br>Swim Lessons<br><i>Beginning June 10</i>                    |  | 9:00–10:45am<br>Group<br>Swim Lessons<br><i>Beginning June 12</i>  |  |   |
| 11:00–12:00pm<br>Aqua Fit Shallow*                              | 11:00–12:00pm<br>Firm H2O Gold*<br><i>Class will meet<br/>11:30–12:30 on June 3</i>  | 11:00–12:00pm<br>Aqua Fit Shallow*                               | 11:00–12:00pm<br>Firm H2O Gold*  | 11:00–12:00pm<br>Aqua Fit Shallow*     |   |
| 11:00–12:00pm<br>Deep Water<br>Walking                          | 11:00–12:00pm<br>Deep Water<br>Walking<br><i>Available 11:30–12:30<br/>on June 3</i> | 11:00–12:00pm<br>Deep Water<br>Walking                           | 12:15–1:00pm<br>Aqua Combat  | 11:00–12:00pm<br>Deep Water<br>Walking |   |
| 12:00–1:00pm<br>Water Fitness                                   | 12:00–1:00pm<br>Water Fitness<br><i>Available 12:30–1:30<br/>on June 3</i>           | 12:00–1:00pm<br>Water Fitness                                    | 11:00–1:00pm<br>Deep Water<br>Walking  | 12:00–1:00pm<br>Water Fitness          |   |
| 1:30–3:30pm<br>Family<br>Open Swim                              |  | 1:30–3:30pm<br>Family<br>Open Swim                               |  | 1:30–3:30pm<br>Family<br>Open Swim     |   |
| 4:30–7:00pm<br>Group<br>Swim Lessons<br><i>Beginning June 9</i> |  | 4:30–7:00pm<br>Group<br>Swim Lessons<br><i>Beginning June 11</i> |  |  |   |
|   | 5:00–6:30pm<br>Water Fitness   |  | 5:00–6:30pm<br>Water Fitness   |  |   |
| 7:00–7:30pm<br>Private<br>Swim Lessons                          | 6:30–8:00pm<br>Family Open<br>Swim   | 7:00–7:30pm<br>Private<br>Swim Lessons                           | 6:30–8:00pm<br>Family Open<br>Swim   |  |   |
| 7:30–8:30pm<br>Firm H2O   |  | 7:30–8:30pm<br>Firm H2O  | Programs highlighted in green are instructor-led fitness classes.<br>Programs marked with an asterisk (*) are classes included in our<br>Senior Membership, but not exclusively for seniors. |  |   |

## WEST POOL

In Effect June 2–July 26

| MONDAY  | TUESDAY   | WEDNESDAY                                       | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|---|---|---|--|
| 5:15–7:30am<br>Lap Swim   | 5:15–7:30am<br>Lap Swim                         | 5:15–7:30am<br>Lap Swim                         | 5:15–7:30am<br>Lap Swim                         | 5:15–7:30am<br>Lap Swim                         | 8:00–10:15am<br>Lap Swim                           |
| Early morning time slots on Mon–Fri: 5:15–6:00 / 6:00–6:45 / 6:45–7:30  |   |   |   |   | Time slots:<br>8:00–8:45 / 8:45–9:30<br>9:30–10:15 |
| 9:00–11:00am<br>ZAGS Practice<br>July 14  | 7:30–11:00am<br>WMS Practice<br>July 15–July 25 | 7:30–11:00am<br>WMS Practice<br>July 15–July 25 | 7:30–11:00am<br>WMS Practice<br>July 15–July 25 | 7:30–11:00am<br>WMS Practice<br>July 15–July 25 |  |
| 11:00–1:15pm<br>Lap Swim  | 11:00–1:15pm<br>Lap Swim                        | 11:00–1:15pm<br>Lap Swim                        | 11:00–1:15pm<br>Lap Swim                        | 11:00–1:15pm<br>Lap Swim                        |  |
| Midday time slots on Mon–Fri: 11:00–11:45 / 11:45–12:30 / 12:30–1:15  |   |   |   |   |  |
| 1:15–5:00pm<br>WMS Practice<br>July 14  |   |   |   |   |  |
| 5:00–8:00pm<br>Lap Swim   | 5:00–8:00pm<br>Lap Swim                         | 5:00–8:00pm<br>Lap Swim                         | 5:00–8:00pm<br>Lap Swim                         |   |  |
| Evening time slots on Mon–Thurs: 5:00–5:45 / 5:45–6:30 / 6:30–7:15 / 7:15–8:00<br>Expanded hours beginning June 2 |   |   |   |   |  |

Online registration for fitness classes and lap swim opens 24 hours in advance.  
Patrons are encouraged to pre-register to secure a spot. Drop-ins are welcome, space permitting.

## CLASS AND PROGRAM DESCRIPTIONS

**Aqua Combat:** Class incorporates kickboxing-style combinations with cardio "spikes" in chest deep water. It is structured in rounds, each consisting of 40 seconds of fight combinations and a 20 second spike, which is repeated 3 times, and followed by 1 minute of rest and recovery.

**Aqua Fit Deep:** A medium intensity deep water workout that combines cardio, core, and strength training.

**Aqua Fit Shallow:** A low-to-medium intensity shallow water workout designed to improve joint stability, coordination, heart health, toning, and strength.

**Deep Water Walking:** A self-led aquatics program that allows you time in the pool to build your own routine and exercise at your own pace. The deep end of the pool only is available at this time. Fitness equipment is available.

**Family Open Swim:** Fun for all ages! The diving board, youth water slide, basketball hoops, and other pool toys and floats are available, along with life jackets, puddle jumpers and infant floats for non-swimmers.

**Firm H2O:** A mix of shallow and deep water high intensity interval, strength, and endurance training.

**Firm H2O Gold:** A shallow-only version of Firm H2O that includes stretching, strength, and endurance training.

**Lap Swim:** A cardio and strength workout that doesn't put strain on bones or joints and burns tons calories!

**Water Fitness:** A self-led aquatic workout that allows you to design your perfect routine. Water fitness offers a fantastic cardio and muscle workout. Both the shallow and deep ends of the pool are available at this time.