



EAST POOL

In Effect Aug 11–Aug 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	
7:00–7:45am Aqua Fit Shallow*		7:00–7:45am Aqua Fit Shallow*		7:00–7:45am Aqua Fit Shallow*	8:00–10:15am Water Fitness
8:00–8:45am Aqua Fit Deep		8:00–8:45am Aqua Fit Deep		8:00–8:45am Aqua Fit Deep	
11:00–12:00pm Aqua Fit Shallow*	11:00–12:00pm Firm H2O Gold*	11:00–12:00pm Aqua Fit Shallow*	11:00–12:00pm Firm H2O Gold*	11:00–12:00pm Aqua Fit Shallow*	
11:00–12:00pm Deep Water Walking	11:00–12:00pm Deep Water Walking	11:00–12:00pm Deep Water Walking	12:15–1:00pm Aqua Combat	11:00–12:00pm Deep Water Walking	
12:00–1:00pm Water Fitness	12:00–1:00pm Water Fitness	12:00–1:00pm Water Fitness	11:00–1:00pm Deep Water Walking	12:00–1:00pm Water Fitness	
1:30–3:30pm Family Open Swim Aug 11, 18 + 25		1:30–3:30pm Family Open Swim Aug 13 + 20		1:30–3:30pm Family Open Swim Aug 15 + 22	
	5:00–6:30pm Water Fitness		5:00–6:30pm Water Fitness		
	6:30–8:00pm Family Open Swim		6:30–8:00pm Family Open Swim		
7:30–8:30pm Firm H2O		7:30–8:30pm Firm H2O	Programs highlighted in blue are instructor-led fitness classes. Programs marked with an asterisk (*) are classes included in our Senior Membership, but not exclusively for seniors.		

WEST POOL

In Effect Aug 11–Aug 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15–7:30am Lap Swim	5:15–7:30am Lap Swim	5:15–7:30am Lap Swim	5:15–7:30am Lap Swim	5:15–7:30am Lap Swim	8:00–10:15am Lap Swim
Early morning time slots on Mon–Fri: 5:15–6:00 6:00–6:45 6:45–7:30					Time slots: 8:00–8:45 8:45–9:30 9:30–10:15
11:00–1:15pm Lap Swim	11:00–1:15pm Lap Swim	11:00–1:15pm Lap Swim	11:00–1:15pm Lap Swim	11:00–1:15pm Lap Swim	
Midday time slots on Mon–Fri: 11:00–11:45 11:45–12:30 12:30–1:15					
5:00–8:00pm Lap Swim	5:00–8:00pm Lap Swim	5:00–8:00pm Lap Swim	5:00–8:00pm Lap Swim		
Evening time slots on Mon–Thurs: 5:00–5:45 5:45–6:30 6:30–7:15 7:15–8:00					

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.