



EAST POOL

In Effect Sept 2–Jan 3

| 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 <i>NEW TIME STARTS SEPT 20 8:00–9:30am</i> |
| 8:00–8:45am Aqua Fit Deep | 9:00–9:50am ZW Adaptive PE (Klyn) <i>SEPT 16, OCT 14, NOV 11 + DEC 16</i> | 8:00–8:45am Aqua Fit Deep | | 8:00–8:45am Aqua Fit Deep | 9:50–10:20am Group Swim Lessons <i>STARTS SEPT 20</i> |
| 9:00–11:00am Homeschool Swim Program <i>STARTS SEPT 15</i> | | 9:45–10:45am Private Swim Lessons <i>STARTS SEPT 17</i> | 9:15–9:45am Group Swim Lessons <i>STARTS SEPT 18</i> | 9:30–10:45am Paddle + Play Open Swim <i>OCT 3–APR 24 SKIP DATES: NOV 28, DEC 26 + JAN 2</i> | |
| 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 <i>CANCELED NOV 13</i> | 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 | |
| <i>Nov 10–14: Water fitness and deep water walking programs end at 12:30pm due to MS PE</i> | | | | | |
| 1:30–3:30pm Family Open Swim <i>DEC 22 + 29</i> | | 1:30–3:30pm Family Open Swim <i>NOV 26</i> | 1:30–3:30pm Family Open Swim <i>OCT 30 + NOV 6</i> | 1:30–3:30pm Family Open Swim <i>SEPT 19, OCT 3, 31, NOV 7, 28, DEC 12, 26 + JAN 2</i> | 1:30–3:30pm Family Open Swim <i>STARTS SEPT 6</i> |
| 4:30–6:20pm Group Swim Lessons <i>STARTS SEPT 15</i> | | 4:30–7:00pm Group Swim Lessons <i>STARTS SEPT 17</i> | | | |
| | 5:00–6:30pm Water Fitness | | 5:00–6:30pm Water Fitness | 5:00–6:00pm Water Fitness <i>STARTS SEPT 5</i> | |
| 6:30–7:30pm Private Swim Lessons <i>STARTS SEPT 15</i> | 6:30–8:00pm Family Open Swim | 7:00–7:30pm Private Swim Lessons <i>STARTS SEPT 17</i> | 6:30–8:00pm Family Open Swim | 6:00–7:30pm Family Open Swim <i>STARTS SEPT 5</i> | |
| 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 Sept 2–Jan 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|-----------------------------|--|--|--|
| 5:00–7:15am Lap Swim | 5:00–7:15am Lap Swim | 5:00–7:15am Lap Swim | 5:00–7:15am Lap Swim | 5:00–7:15am Lap Swim | 8:00–10:15am Lap Swim |
| Early morning time slots on Mon–Fri: 5:00–5:45 / 5:45–6:30 / 6:30–7:15 NEW TIME STARTS SEPT 1 | | | | | Time slots: 8:00–8:45 / 8:45–9:30 9:30–10:15 |
| | | | | | 10:30–12:30pm Varsity Practice SEPT 13, 20, OCT 18 + NOV 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 | 1:30–3:00PM Lap Swim |
| Midday time slots on Mon–Fri: 11:00–11:45 / 11:45–12:30 / 12:30–1:15 | | | | | Time slots: 1:30–2:15 / 2:15–3:00 STARTS SEPT 6 |
| 3:00–5:00pm WMS Practice SEPT 2–OCT 17 | 3:00–5:00pm WMS Practice | 3:00–5:00pm WMS Practice | 3:00–5:00pm WMS Practice | 3:00–5:00pm WMS Practice | |
| 5:00–7:15pm Lap Swim | 5:00–7:15pm Lap Swim PAUSED OCT 14–NOV 11 RESUMES NOV 18 | 5:00–7:15pm Lap Swim | 5:00–7:15pm Lap Swim PAUSED OCT 16–NOV 13 RESUMES NOV 20 | 5:00–7:15pm Lap Swim STARTS SEPT 5 | |
| Evening time slots on Mon–Fri: 5:00–5:45 / 5:45–6:30 / 6:30–7:15 NEW TIME + FRIDAY ADDED STARTING THE WEEK OF SEPT 1 | | | | | |
| | 5:00–7:45pm ZAGS Preseason OCT 14–NOV 11 | | 5:00–7:45pm ZAGS Preseason OCT 16–NOV 13 | | |

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.