

Use this guide to find the appropriate class intensity

- Gentle, Introduction, Beginner
- Intermediate, All Levels with Modifications
- Most Challenging, Advanced; Intermediate w/ Modifications
- Aquatic Special Program. Pre-payment & pre-registration required.

Pool Class and Aquatic Special Program Schedule October 2019

MON	TUE	WED	THU	FRI	SAT & SUN
8-8:45a Aqua Boot Camp <i>Kelly</i>		8-8:45a Aqua Boot Camp <i>Kelly</i>			
9a-10a Water Workout <i>Kristin</i>	9a-10a Water Workout <i>Christina</i>	9a-10a Water Workout <i>Kelly</i>	9a-10a Water Workout <i>Christina</i>	9a-10a Water Workout <i>Kristin</i>	9a-10a SAT Water Workout <i>Sue</i>
	10:15-11a Water Yoga <i>Julie</i>		10:15-11a Water Yoga <i>Kelly</i>		
10:20-11:05a Power Water (Lap) <i>Kristin</i>	10:15a BOGAFIT® (Lap) <i>Anna</i>	10:20-11:05a Power Water (Lap) <i>Christina</i>		10:20-11:05a Power Water (Lap) <i>Christina</i>	11:30a-12p SAT Water Babies Therapy Pool
10:30-11:15a Arthritis Workout <i>Kelly</i>	11:15a-12p Arthritis Workout <i>Julie</i>	10:30-11:15a Arthritis Workout <i>Adrienne</i>		10:30-11:15a Arthritis Workout <i>Adrienne</i>	10:30-11:30a SUN Water Workout <i>Sue</i>
			11:15a-12p Arthritis Workout <i>Kelly</i>		2-2:30p SUN BOGAFIT® (Lap) <i>Sue</i>
5:30-6:30p Water Workout <i>Heather</i>	5:30-6:30p Water Workout <i>Sue</i>	5:30-6:30p Water Workout <i>Heather</i>	5:30-6:30p Water Workout <i>Sue</i>	5:30-6:30p Aqua Volleyball	2:35-3:05p SUN Kids BOGAFIT® (Lap) <i>Sue</i>
6-6:30p BOGAFIT® (Lap) <i>Sue</i>	6:30-7p Kids Swim Lessons Therapy Pool		6:30-7p Kids Swim Lessons Therapy Pool	5:45-6:30p (Lap) BOGA® Beginner 2nd & 4th Fridays	

Please do not enter any class 10 minutes after the start time or after the warm-up is complete.

For your safety, classes are limited to: 28 participants in Therapy Pool; 30 participants in Lap Pool.

We recommend participants wear water shoes during pool classes.

Open Exercise: The Therapy Pool can be used for exercise or relaxation when classes are not in session.

Lap Pool - A minimum of three lanes are **ALWAYS** available for **OPEN SWIM** times .

Pool Hours: Mon-Fri: 5am-9:15pm Sat-Sun: 7am-4:45pm

POOL CLASS DESCRIPTIONS

In general, participants of all levels are welcome in all aqua classes. Instructors encourage everyone to work at their own pace and implement appropriate modifications when needed. Please use the **INTENSITY KEY** below as a general guide to choose an appropriate class level:



Gentle, Introduction, Beginner



Intermediate, All Levels



Most Challenging, Intermediate with Modifications



Aquatic Special Programs, Fee based

Arthritis Workout

Gentle water aerobics that uses the warmth of the Therapy Pool to facilitate basic range of motion and strength exercises. This is a 45-minute class.

Water Yoga

A new twist on an old tradition! Enjoy the mind/body benefits of yoga in the warmth of the Therapy Pool. Anyone can reap the benefits of this special fusion class.

Aqua Volleyball

End your week with some Friday fun in the pool.

Power Water

A fun cardiovascular challenge in the lap pool using a variety of exercise to keep you movin'!

Water Workout

A full-body strengthening and cardiovascular workout using the properties of the water and equipment to train without joint strain. Improve endurance and strengthen your core, heart, and lungs.

Aqua Boot Camp

Kick up the intensity with timed drills and traditional boot camp style exercises with water equipment that will make you sweat. A high-intensity workout to get you into shape and out of your aquatic comfort zone!

BOGAFIT®

An innovative aquatic program inspired by stand-up paddle boarding and fitness, incorporates HIIT, Pilates, and yoga. Monthly or single sessions available. Pre-registration and pre-payment required.

Kids Group Swim Lessons

Swim lessons for all levels ages 3-11 years. Monthly sessions held Tuesday and Thursday nights. Please register in advance of the monthly session.

BOGA® Beginner Balance

Beginner exercises on the dynamic BOGA® boards. Occurs every 2nd and 4th Friday of the month at 5:45pm. Pre-register in advance.