

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 Schedule - January 2022

MON	TUE	WED	THU	FRI	SAT & SUN
8a-8:45a Aqua Boot Camp <i>Kelly</i>		8a-8:45a Aqua Boot Camp <i>Kelly</i>		8a-8:45a Aqua Boot Camp <i>Sue</i>	
9a-10a Water Workout <i>Kristin</i>	9a-9:45a Water Workout <i>Sue</i>	9a-10a Water Workout <i>Kristin</i>	9a-9:45a Water Workout <i>John</i>	9a-10a Aqua Zumba® <i>Yliana</i>	9a-10a SAT Water Workout <i>Sue</i>
10a-10:45a Power Water (Lap) <i>Sue</i>	10a-10:45a Power Water (Lap) <i>Christina</i>	10a-10:45a Power Water (Lap) <i>John</i>	10:15a-11a BOGAFIT® (Lap) <i>Anna</i>	10a-10:45a Power Water (Lap) <i>Sue</i>	10:30-11a SAT Water Babies
	10a-10:45a Water Yoga <i>Sue</i>		10a-10:45a Water Yoga <i>Kelly</i>		
10:30a-11:15a Arthritis Workout <i>Kristin</i>		10:30a-11:15a Arthritis Workout <i>Sue</i>		10:30a-11:15a Arthritis Workout <i>John</i>	9:30a-10:15a SUN Aqua Zumba® <i>Yliana</i>
4:15-5:15p Swim Lessons		4:15-5:15p Swim Lessons			
5:30p-6:15p Water Workout <i>Christina</i>	5:30p-6:30p Water Workout <i>Kristin</i>		5:30p-6:30p Water Workout <i>Sue</i>	5:30p-6:30p Water Volleyball	
	6:30p-7:30p Swim Lessons		6:30p-7:30p Swim Lessons		

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

Health standards recommend a soap shower before using swimming pools.

Wearing water shoes is recommended during pool classes.

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

Members are welcome to use the therapy pool during swim lesson times, but pool jets may be off.

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

Lap lanes needed for classes close 5 minutes prior to class start time.

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