



# RECREATION & THERAPY POOL SCHEDULE

\*Open Swim: First come, first served.

\*Open Swim requires a membership or daily drop-in fee

\*Please note that this schedule is subject to change

**\*\*MUST REGISTER FOR CLASS**

**\*\*PUNCH PASS CLASS**

| MON                                                  | TUES                                                 | WED                                                  | THURS                                                | FRI                       | SAT                                                      |
|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|---------------------------|----------------------------------------------------------|
| OPEN SWIM<br>8AM - 11AM                              | OPEN SWIM<br>8AM - 10AM                              | OPEN SWIM<br>8AM - 11AM                              | OPEN SWIM<br>8AM - 12PM                              | OPEN SWIM<br>8AM - 12PM   | SWIM<br>LESSONS<br>8AM - 11AM<br><i>Closed to Public</i> |
| SENIOR<br>WATER<br>AEROBICS<br>11AM - 12PM           | WATER<br>AEROBICS<br>10AM - 11AM                     | SENIOR<br>WATER<br>AEROBICS<br>11AM - 12PM           |                                                      |                           | WATER<br>AEROBICS<br>11:30AM -<br>12:30PM                |
| CLOSED                                               | CLOSED                                               | CLOSED                                               | CLOSED                                               | CLOSED FOR<br>MAINTENANCE | OPEN SWIM<br>12:30PM - 4PM                               |
| OPEN SWIM<br>4PM - 5PM                               |                           | SWIM LESSONS<br>5PM - 6PM<br><i>Closed to Public</i>     |
| SWIM LESSONS<br>5PM - 6PM<br><i>Closed to Public</i> |                           |                                                          |
| OPEN SWIM<br>6PM - 7PM                               | AQUA<br>AEROBICS<br>6PM - 7PM                        | OPEN SWIM<br>6PM - 7PM                               | AQUA<br>AEROBICS<br>6PM - 7PM                        |                           |                                                          |
| AQUA<br>FITNESS<br>7PM - 8PM                         | OPEN SWIM<br>7PM - 8PM                               | AQUA<br>FITNESS<br>7PM - 8PM                         | OPEN SWIM<br>7PM - 8PM                               |                           |                                                          |

Must register for all swim lessons. Swim lessons closed to public.



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# CLASS DESCRIPTIONS

## REGISTRATION

### Senior Water Aerobics

Water Aerobics gets your heart rate up and improves endurance, as it is a light form of cardio. Cardio is important for all age groups, but what makes water aerobics particularly beneficial for seniors is that it strengthens your heart and lungs, improves energy levels, manages your weight and helps you feel young and energetic.

### Aqua Fitness

This fun and energetic class blends dance, cardio, and fitness principles into one dynamic, water-based workout. It's safe, effective, and guaranteed to leave you feeling strong, refreshed, and energized.

### Aqua Aerobics

The water's resistance will increase your strength, the buoyancy will decrease impact on your joints, and the energy used will burn the calories! Stretching, strengthening and aerobic phases are included. Everyone enjoys this workout as they work at their own pace.

