



May 29, 2018 – August 31, 2018

## Water Aerobics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>11:00AM</b> <b>Outdoor Pool</b>	Deep Water Jogging /H2O Force <i>Lori</i>	Strength & Power <i>Lori</i>	Deep Water Jogging /H2O Force <i>Lori</i>	Strength & Power <i>Lori</i>		Silver Sneakers Splash® <i>Linda</i>	
<b>12:00PM</b>	Silver Sneakers Splash® <i>Linda</i>	Water Resistance <i>Lori</i>	Silver Sneakers Splash® <i>Linda</i>	Water Resistance <i>Lori</i>	Water Fitness <i>Sandy</i>		

### Prices

-  = Discounted for members \$2, \$8 for non-members
-  = Free to Silver Sneaker Members \$2 For all others

**10-Visit Punch pass available at front desk**

### Class Descriptions

#### SilverSneakers Splash® - Linda Weisberg

Activate your urge for variety! Splash offers lots of fun, shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

#### Water Fitness For Everyone! - Sandy Buntley

The key to fitness is movement and activity. This class includes warm-ups, cardio, interval training, a variety of strength training with equipment, balance work and stretching for overall conditioning. This program is designed for all individuals and levels of fitness.



#### Deep Water Jogging / H2O Force - Lori Maine

This is a combination of two great classes. **Deep Water Jogging** adds exercise combinations and training ideas to your workout that are easy to learn and perform in the deep water. The exercise program consists of waterpower exercises, resistance training, abdominal moves, kick training, and stretching. A flotation belt is supplied to all participants. **H2O Force** is designed to tone and firm muscles, burn fat and provide an awesome aerobic conditioning program. Enjoy an invigorating workout in the buoyant water, nearly gravity free. **This class is held from 11:00am-12:25pm.**

#### Strength & Power - Lori Maine

A non-stop, incredibly challenging program designed for those who want a high-impact intensive workout. Plyometric and power movements alternate between ultra tough strengthening and aerobics. This class will improve your agility, quickness, speed, strength and coordination. Men and women of all ages welcome!

#### Water Resistance - Lori Maine

This is the perfect workout for intermediate to advanced levels. It is a non-stop, easy to follow, intense workout that maximizes resistance, which will make your body stronger, leaner and visibly slimmer. The workout starts in the lap pool area, then goes into the lazy river.

**Please sign in and pay at the front desk and get a number for each class.**

# Pool Hours

May 29, 2018—August 31, 2018 (Subject to change)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Pool Hours	7am-8pm	7am-8pm	7am-8pm	7am-8pm	7am-8pm	8am-5pm	1pm - 4pm
Adult Lap Swim	7am-10:30am 1pm-3:30pm	7am-10:30am 1pm-3:30pm	7am-10:30am 1pm-3:30pm	7am-10:30am 1pm-3:30pm	7am-10:30am 1pm-3:30pm	8am-10:30am	Closed
Adult Exercise Swim (Lap area)	10:30-11am	10:30-11am	10:30-11am	10:30-11am	10:30-11am	10:30-11am	Closed
Recreational Programing (Patrons over 18 only)	10am-1pm	10am-1pm	10am-1pm	10am-1pm	10am-1pm	10am-12pm	Closed
Recreation Swim (All patrons welcome)	7am-10am 1pm-8pm	7am-10am 1pm-8pm	7am-01am 1pm-8pm	7am-10am 1pm-8pm	7am-10am 1pm-8pm	8am-10am 12pm-5pm	1pm-4pm

During Recreational Programming hours patrons under 18 are **not** allowed in the pool area unless participating in Recreational Programming (ex. swim lessons).

- Recreation Swim (Excludes Lap pool during lap swim and exercise hours)

Monday - Friday: 7am -10am & 1pm-8pm

Saturday: 8am - 10am & 12pm-5pm

Sunday: 1pm - 4pm

- Adult Lap/Exercise Swim

- \* The pool is open to all patrons except for the lap lane area of the pool.

- \* Lap/Exercise Swim is offered in 30 minute increments and lap swimmers must sign-up at the front desk or call day of to reserve a time.

- \* Lap/Exercise Swim is reserved for patrons 18 years of age and over.



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