

December 2017 Aquatic Schedule

Multi-Use Lap Pool

Two lanes will be reserved for private swim lessons 3:30 pm - 7:30 pm Monday thru Friday and 8:00 am - 12:00 pm on Saturdays.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|----------------------|-----------------|------------------|-----------------|---|--|--------|
| 5:30 am | Deep Water Intervals | | Aqua-Fit | | Deep Water HIIT | Deep Water Intervals 8:30 am | |
| 8:30 am | Deep Water Intervals | Basic Training | AquaBata | Water Weights | Deep Water Intervals | | |
| 12:00 pm | Water Cycling | | Water Cycling | | Water Cycling | Stroke and Turn 9:30 am to 12:00 pm 2nd Sat. of the Month | |
| 1:30 pm | | | | | | | |
| 4:00 pm | | | | | | | |
| 4:30 pm | STP | Supervised Swim | STP | Supervised Swim | STP | Family Swim 12:00 pm - 3:00 pm Direct Parental Supervision ★ Required at all Times | |
| 5:30 pm | AquaBata | Aqua-Fit | AquaBata | | Family Swim 1st. Friday/Month 5-8 pm | | |
| 6:30 pm | Stroke Technique | | Stroke Technique | | | | |

Warm Water Therapy Pool

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|--|--------|
| 8:00 am | Specialized Aqua Exercise I | Open Aquatic Therapy | Specialized Aqua Exercise I | Open Aquatic Therapy | Specialized Aqua Exercise I | WW Aqua-Fit 9:30 am | |
| 9:00 am | WW Aqua-Fit | WW Aqua-Fit | WW Aqua-Fit | WW Aqua-Fit | WW Aqua-Fit | | |
| 10:00 am | Open Aquatic Therapy | Aqua Walk & Stretch | Open Aquatic Therapy | Aqua Walk & Stretch | Open Aquatic Therapy | Hydrostatic Weighing* 7:30 am - 12:00 pm 1st Sat. of the Month | |
| 11:00 am | Specialized Aqua Exercise II | Specialized Aqua Exercise II | Specialized Aqua Exercise II | Specialized Aqua Exercise II | Specialized Aqua Exercise II | | |
| 12:00 pm | | WW Aqua-Fit | | WW Aqua-Fit | | Family Swim 12:00 pm - 3:00 pm Direct Parental Supervision ★ Required at all Times | |
| 1:00 pm | WW Aqua-Fit | Aqua-Fusion | WW Aqua-Fit | Aqua-Fusion | WW Aqua-Fit | | |
| 2 - 3:30 pm | Open Aquatic Therapy | Open Aquatic Therapy | Open Aquatic Therapy | Open Aquatic Therapy | Open Aquatic Therapy | | |
| 5:30 pm | WW Aqua-Fit | A B C's | Kidz Klub 4:30 pm | 4 Corners | | Open Aquatic Therapy 4:30 pm - 5:30 pm | |
| 6:30 pm | | | | | | | |

News and Events!

Aquatics Holiday Potluck

Friday, December 15th
11:00 a.m. - 1:00 p.m.

Bring your favorite holiday dish and a \$5.00 gift for our Gift Exchange.

Pool Closure

The pools will be closed Sunday, December 24th through Sunday, December 31st for resurfacing of the pool deck. Both pools will re-open Monday, January 1st.
No classes January 1st.



Camp Igloo

Camp Igloo will be using the Lap Pool December 18th - 22nd from 2:00-3:00pm.

Regularly Scheduled Pool Activities

- Friday Night Fun** - 1st Friday of every month. Fun night for kids including Rockwall climbing, games and swimming. Pool use 6:30 - 7:30 pm.
- Hydrostatic Weighing** - 1st Saturday of every month. The Warm Water Pool is unavailable from 7:30 am - 12 pm. Registration and fee is required. *
- Stroke & Turn Clinic** - 2nd Saturday of every month from 9:30 am - 12:00 pm. Each month a different stroke is featured. No registration required.
- Kids Night Out** - 3rd Friday of every month. Fun night for kids including a movie, dinner, swimming and much more. Pool use 6 - 7 pm.
- Family Swim** - This is open swim time when families are invited to come and enjoy the pools together. Participants must be at least 6 months old. A parent or legal guardian must directly supervise their own children at all times.