

February 2018 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	Deep Water Intervals	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	High Intensity Circuit		Open Aquatic Therapy 4:30 pm - 5:30 pm	
6:30 pm							

News and Events!

Swim Team Prep (STP)

Session #2: February 26th - April 9th
No class will be held the week of March 26th.
Monday, Wednesday or Friday at 4:30pm
Members \$75/ Guests \$95

Registration begins February 20th in the Customer Service Office. For more information please call the Aquatics Office at 624-3421.

Exercise for your Heart

We are celebrating Heart Month with this 4- week incentive program for you to stay on track with your exercise routine after the New Year! Exercise in the pool or a group exercise class to receive your valentine hearts. We will celebrate your success and efforts with a potluck on Friday, March 2nd from 11am - 1pm.

Pool Etiquette

The pools are open to all members while classes are scheduled however, please remember to be courteous to class participants and our instructors. Please do not swim through classes or hold conversations while classes are in progress. Thank you!

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 guardian must directly supervise their own children at all times. Guest fee is required for ages 5+.