

# November 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	<b>Stroke and Turn</b> 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	<b>Family Swim</b> 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	<b>Hydrostatic Weighing*</b> 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		<b>Family Swim</b> 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		<b>Open Aquatic Therapy</b> 4:30 pm - 5:30 pm	
6:30 pm							

### News and Events!



### Stroke & Turn Clinic

Saturday, November 11th  
 9:30am - 10:30am Ages 5 to 12 years  
 10:30 - 11:30am Ages 13 years and up  
 (including adult swimmers)

No registration required and free of charge to members. For more information please call the Aquatics Office at 624-3421.

Nov. 22nd: Last Class 1:00 pm  
 Nov. 23rd: Closed  
 Nov. 24th: No 5:30 am Class



### 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.