

# November 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	Deep Water Intervals		Deep Water Intervals		Deep Water Intervals	<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	Aqua-Fit	High Intensity Circuit	Family Swim <small>1st. Friday/Month 5-8 pm</small>		
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	AquaBarre	WW Aqua-Fit		
2 - 3:30 pm	Open Aquatic Therapy	Open Aquatic Therapy	Open Aquatic Therapy <small>Kidz Klub 4:30 pm</small>	Open Aquatic Therapy	Open Aquatic Therapy		
5:30 pm	WW Aqua-Fit	A B C's		WW Aqua-Fit		<b>Open Aquatic Therapy</b> 4:30 pm - 5:30 pm	
6:30 pm							

### News and Events!

#### Why Wait

November 1st - December 14th  
Program Fee: \$10.00\*

(\*To be entered in our Opportunity Drawings)

Why Wait for the new year, START NOW!

Join our Aquatics incentive program and keep your workouts going before the new year begins. You may lap swim, take an aquatics fitness class or run on the treadmill. Sign up at the front desk.

**Nov. 21st: Last Class 11:00 am**  
**Nov. 22nd: Closed**  
**Nov. 23rd: No 5:30 am Class**



#### Stroke & Turn Clinic

Saturday, November 10th  
 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.

### 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+.