

# October 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<br>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><br>9:30 am to 12:00 pm<br>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><br>12:00 pm - 3:00 pm<br>Direct Parental Supervision ★<br>Required at all Times |        |
| 5:30 pm  | AquaBata             | Aqua-Fit        | Aqua-Fit             | High Intensity Circuit | Family Swim<br>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<br>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><br>7:30 am - 12:00 pm<br>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><br>12:00 pm - 3:00 pm<br>Direct Parental Supervision ★<br>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<br>Kidz Klub<br>4:30 pm | Open Aquatic Therapy         | Open Aquatic Therapy         |  |        |
| 5:30 pm     | WW Aqua-Fit                  | A B C's                      |  | WW Aqua-Fit                  |                              | <b>Open Aquatic Therapy</b><br>4:30 pm - 5:30 pm   |        |
| 6:30 pm     |                              | Parents & Pollywogs          |  | Parents & Pollywogs          |                              |  |        |

### News and Events!

#### Parents & Pollywogs

Fall Session #2: October 2 - 18  
Tuesdays & Thursdays at 6:30pm  
Members \$75/ Guests \$95

Registration is currently taking place in the Customer Service Office. For more information please call the Aquatics Office at 624-3421.



#### Swim Team Prep

Fall Session #2: October 22 - December 7  
No Class will be held the week of November 19 - 23  
Mondays, Wednesdays or Fridays at 4:30 pm  
\$75 Members / \$95 Guests

Registration is currently being taken in the Customer Service Office. 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+.