



RECREATION & THERAPY POOL SCHEDULE

*Open Swim: First come, first served.

*Open Swim requires a membership or daily drop-in fee

*Please note that this schedule is subject to change

****MUST REGISTER FOR CLASS**

****PUNCH PASS CLASS**

MON	TUES	WED	THURS	FRI	SAT
OPEN SWIM 8AM - 11AM	OPEN SWIM 8AM - 10AM	OPEN SWIM 8AM - 11AM	OPEN SWIM 8AM - 10AM	OPEN SWIM 8AM - 12PM	SWIM LESSONS 8AM - 11AM <i>Closed to Public</i>
SENIOR WATER AEROBICS 11AM - 12PM	WATER AEROBICS 10AM - 11AM	SENIOR WATER AEROBICS 11AM - 12PM	ADAPTIVE WATER AEROBICS 10AM - 11AM		WATER AEROBICS 11:30AM - 12:30PM
	OPEN SWIM 11 AM - 12PM		OPEN SWIM 11 AM - 12PM	CLOSED FOR MAINTENANCE	
CLOSED	CLOSED	CLOSED	CLOSED		
OPEN SWIM 4PM - 5PM	OPEN SWIM 4PM - 5PM	OPEN SWIM 4PM - 5PM	OPEN SWIM 4PM - 5PM		OPEN SWIM 12:30PM - 4PM
SWIM LESSONS 5PM - 6PM <i>Closed to Public</i>	SWIM LESSONS 5PM - 6PM <i>Closed to Public</i>	SWIM LESSONS 5PM - 6PM <i>Closed to Public</i>	SWIM LESSONS 5PM - 6PM <i>Closed to Public</i>		
OPEN SWIM 6PM - 7PM	AQUA AEROBICS 6PM - 7PM	OPEN SWIM 6PM - 7PM	AQUA AEROBICS 6PM - 7PM		
AQUA FITNESS 7PM - 8PM	OPEN SWIM 7PM - 8PM	AQUA FITNESS 7PM - 8PM	OPEN SWIM 7PM - 8PM		

Must register
for all swim
lessons. Swim
lessons closed
to public.



CLASS DESCRIPTIONS

REGISTRATION

Senior Water Aerobics

Water Aerobics gets your heart rate up and improves endurance, as it is a light form of cardio. Cardio is important for all age groups, but what makes water aerobics particularly beneficial for seniors is that it strengthens your heart and lungs, improves energy levels, manages your weight and helps you feel young and energetic.

Aqua Fitness

This fun and energetic class blends dance, cardio, and fitness principles into one dynamic, water-based workout. It's safe, effective, and guaranteed to leave you feeling strong, refreshed, and energized.

Aqua Aerobics

The water's resistance will increase your strength, the buoyancy will decrease impact on your joints, and the energy used will burn the calories! Stretching, strengthening and aerobic phases are included. Everyone enjoys this workout as they work at their own pace.