



FIVE POINTS  
WASHINGTON

# AQUATIC FITNESS CLASSES

Instructors and classes are subject to change. **Limit of 12 for LP and 15 for CP**

## MONDAY

- 8:15-9 AM **Aqua Power** (Susan) CP
- 8:30-9:15 AM **Aqua Arthritis** (Beth) TP
- 9-9:45 AM **Deep Water** (Esther) CP
- 9:30-10:15 AM **Fun & Fit** (Beth) TP
- 10:30-11:15 AM **Aqua Arthritis** (Esther) TP
- 1:30-2:15 PM **Aqua Arthritis** (Sarah) TP
- 5:45-6:45 PM **Aqua Power** (Susan) TP

## WEDNESDAY

- 8:15-9 AM **Fun & Fit** (Beth) CP
- 8:30-9:15 AM **Aqua Arthritis** (Mary) TP
- 9-9:45 AM **Deep Water** (Beth) CP
- 9:30-10:15 AM **Fun & Fit** (Denise) TP
- 10:00-11:00 AM **Aqua HIIT** (Mary) CP
- 10:30-11:15 AM **Aqua Arthritis** (Denise) TP
- 1:30-2:15 PM **Aqua Arthritis** (Sarah) TP
- 5:00-6:00 PM **Aqua Power** (Mary) TP

## FRIDAY

- 8:15-9 AM **Fun & Fit** (Mary) CP
- 8:30-9:15 AM **Aqua Arthritis** (Beth) TP
- 9:30-10:15 AM **Fun & Fit** (Beth) TP
- 10:00-11:00 AM **Aqua HIIT** (Mary) CP
- 10:30-11:15 AM **Aqua Arthritis** (Denise) TP
- 1:30-2:15 PM **Aqua Arthritis** (Sarah) TP

## TUESDAY

- 6-6:45 AM **Deep Water** (Amanda) CP
- 7:30-8:15 AM **Aqua Power** (Susan) CP
- 8:30-9:15 AM **Fun & Fit** (Susan) TP
- 9:30-10:15 AM **Aqua Power** (Susan) TP
- 10:30-11:15 AM **Ai Chi** (Susan) TP

## THURSDAY

- 6-6:45 AM **Deep Water** (Amanda) CP
- 7:30-8:15 AM **Aqua Power** (Susan) CP
- 8:30-9:15 AM **Fun & Fit** (Susan) TP
- 9:30-10:15 AM **Aqua Power** (Susan) TP
- 10:30-11:15 AM **Ai Chi** (Susan) TP
- 5:00-6:00 PM **Aqua Fit** (Michelle) TP

**6:00-6:30 Fun and Fit Junior to return soon!**

## SATURDAY

- 7:05-7:50 AM **Aqua Fit** (Diana) TP
- 8-8:45 AM **Aqua Fit** (Diana) TP

## SUNDAY

**1:00-1:30 Fun and Fit Jr. to return 2/7!**

## LOCATIONS

- TP- Therapy Pool (89°-91°)
- CP- Competition Pool (83°)

## CLASS DESCRIPTIONS

### AI CHI (Low Intensity)

Similar to Tai Chi, this class combines deep breathing and slow, broad movements that promote balance.

### AQUA ARTHRITIS (Low Intensity)

Uses the waters resistance and a variety of equipment to provide gentle stretching and light cardio exercises.

### AQUA HIIT (High Intensity)

Offers a combination of bursts of intense exercise and varying rest periods, this class is a FUN way to train and strengthen your whole body.

### FUN & FIT (Moderate Intensity)

This class is the next step up from Aqua Arthritis. Uses the waters resistance and a variety of equipment for cardio work, strength training, and stretching.

### AQUA FIT (Moderate to High Intensity)

Uses the waters resistance and various equipment to improve cardio endurance and strength train. Promotes a strong core and body.

### AQUA POWER (High Intensity)

Focuses on cardio and core work. This vigorous routine includes HIIT (High intensity interval training) concepts. Uses various equipment for strength training and touches on balance exercises.

### DEEP WATER (High Intensity)

This class is a suspended class and can be done with or without the use of a flotation belt. It combines deep/shallow water travel, cardio, sprints, cycling, strength training and core.

### FUN & FIT JR. (Children ages 7+)

This 30-minute class combines exercise and games in the water to create a fun environment for kids.

## BENEFITS

Water Fitness Classes are a great alternative for or supplement to land classes because they place less impact on the joints, allow for a larger, full range of motion of the muscles, and provide for stability for those with limited balance. The warm water can also aid in pain management. The best thing for participants about water classes is that everyone works at their own pace!

**For more information, contact Aquatic and Program Manager, Brad Weaver at (309)444.8222 ex. 48 or bradw@fivepointswashington.org**

# AQUATIC CENTER SCHEDULE

**Aquatic Center hours differ from facility hours.  
M-F 5 AM-7:45 PM Sat/Sun 7 AM-4:45 PM**

## COMPETITION

## THERAPY

## LEISURE

	COMPETITION	THERAPY	LEISURE
SUN	Lanes 1-3: 7 AM-4:45 PM Lanes 4-8 <b>ADULT ONLY: 7 AM-12 PM</b> <b>OPEN SWIM 12:00-4:45 PM</b>	<b>ADULT ONLY:</b> 7 AM-4:45 PM	<b>ADULT ONLY: 7 AM- 12 PM</b> <b>OPEN SWIM 12:00-4:45 PM</b>
MON	Lanes 1-3: 5 AM-7:45 PM Lanes 4-8 <b>ADULT ONLY: 5-7:15 AM, 12 PM-3:30 PM</b> <b>OPEN SWIM 4:00-7:45 PM</b>	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 11:15 AM-1:30, 2:15-5:45, 6:45-7:45	<b>ADULT ONLY: 5 AM-4 PM</b> <b>OPEN SWIM 4:00-7:45 PM</b>
TUES	Lanes 1-3: 5 AM-7:45 PM Lanes 4-8 <b>ADULT ONLY: 5-6 AM, 6:45-7:30 AM, 8:15 AM-3:30 PM, 5:30-7:45PM</b> <b>OPEN SWIM 4:00-7:45 PM</b>	<b>ADULT ONLY:</b> 5 AM-7:30 AM, 11:15 AM-7:45 PM	<b>ADULT ONLY: 5 AM-4 PM</b> <b>OPEN SWIM 4:00-7:45 PM</b>
WED	Lanes 1-3: 5 AM-7:45 PM Lanes 4-8 <b>ADULT ONLY: 5-7:15 AM, 12 PM-3:30 PM</b> <b>OPEN SWIM 4:00-7:45 PM</b>	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 2:15-5 PM, 6:00-7:45 PM	<b>ADULT ONLY: 5 AM-4 PM</b> <b>OPEN SWIM 4:00-7:45 PM</b>
THURS	Lanes 1-3: 5 AM-7:45 PM Lanes 4-8 <b>ADULT ONLY: 5-6 AM, 6:45-7:30 AM, 8:15 AM-3:30 PM, 5:30-7:45PM</b> <b>OPEN SWIM 4:00-7:45 PM</b>	<b>ADULT ONLY:</b> 5 AM-7:30 AM, 11:15 AM-5 PM, 5:45-7:45 PM	<b>ADULT ONLY: 5 AM-4 PM</b> <b>OPEN SWIM 4:00-7:45 PM</b>
FRI	Lanes 1-3: 5 AM-7:45 PM Lanes 4-8 <b>ADULT ONLY: 5-8:15 AM, 11 AM-3:30 PM, 5:30-7:45PM</b> <b>OPEN SWIM 4:00-7:45 PM</b>	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 2:15-7:45 PM	<b>ADULT ONLY: 5 AM-4 PM</b> <b>OPEN SWIM 4:00-7:45 PM</b>
SAT	Lanes 1-3: 7 AM-4:45 PM Lanes 4-8 <b>ADULT ONLY: 7 AM-8 AM</b> <b>OPEN SWIM 12:00-4:45 PM</b>	<b>ADULT ONLY:</b> 8:45 AM-4:45 PM	<b>ADULT ONLY: 7 AM-12 PM</b> <b>OPEN SWIM 12:00-4:45 PM</b>

### ABOUT OUR LAP LANES

Lanes 1-3 are always available to members/guests for lap swimming unless there is a swim meet or special event.

Lane 4 is a staff priority use lane, to be used by Five Points Aquatic staff for lessons or training. When not in use or needed by staff, members and guests may use this as an additional lap lane. Members/guests will be asked to move if the lane is needed.

**- PRIVATE LAP LANES ARE NOT AVAILABLE. LAP LANES MUST BE SHARED.**

### SPECIAL POLICIES

All lap swimmers are asked to keep lane sharing to no more than 2 swimmers per lane. Members may swim in the open part of the pool if desired. We do ask that members avoid the open area of the pool during class times to ensure safe distancing.

We will be offering open swim to members, passes will be required, these can be picked up at the front desk when you check in. We have a limit of 30 in the leisure pool and 40 in the competition pool (this does not include lap lanes or therapy area).

Non-Members 18+ may purchase a guest pass to utilize lap swimming or adult/open swim.

### PROGRAMS

Private swim lessons can occur at any time of the day, any day of the week in any of our 3 pools.

Fun Splash is cancelled until further notice.