



FIVE POINTS  
WASHINGTON

# AQUATIC FITNESS CLASSES

Instructors and classes are subject to change.

**Classes highlighted yellow have a are new!**

## MONDAY

5:45-6:30 AM **Aqua Fusion** (Jennifer) CP-  
**Starts 9/13**

8:15-9:00 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

5:45-6:30 AM **Aqua Fusion** (Jennifer) CP-  
**Starts 9/13**

8:15-9:00 AM Fun & Fit (Beth) CP

8:00-8:45 AM Aqua Arthritis (Mary) TP

9:00-9:45 AM Deep Water (Beth) CP

9:00-9:45 AM Fun & Fit (Mary) TP

10:00-11:00 AM Aqua HIIT (Mary) CP

10:30-11:15 AM Aqua Arthritis (Sarah) TP

1:30-2:15 PM Aqua Arthritis (Sarah) TP

5:00-6:00 PM Aqua Power (Mary) TP

## FRIDAY

8:15-9:00 AM Fun & Fit (Mary) CP

8:30-9:15 AM Aqua Arthritis (Beth) TP

9:30-10:15 AM Fun & Fit (Beth) TP

9:00-10:00 AM Aqua HIIT (Mary) CP

10:30-11:15 AM Aqua Arthritis (Sarah) TP

11:30-12:15 PM **Aqua Flow** (Sarah) TP-begins  
9/17

1:30-2:15 PM Aqua Arthritis (Sarah) TP

6:00-6:45 PM **Aqua Noodle** (Joni) CP-  
**coming soon!**

## 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) CP

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) CP

10:30-11:15 AM Ai Chi (Susan) TP

5:00-6:00 PM Aqua Power (Mary) TP

6:00-6:30 **Fun and Fit Junior** (Mary) (age 7+)

## SATURDAY

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

8-8:45 AM Aqua Fit (Diana) TP

## SUNDAY

No classes

## 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.

### AQUA FUSION (High Intensity)

A hybrid version of Deep Water and Aqua Power. It will focus on strength training, cardio, core work, and will include some HIIT concepts. Workouts will combine deep water and shallow water exercises to help bring a variety of exercises to the participants.

### 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.

### AQUA NOODLE (Moderate Intensity)

Using only pool noodles, this class will use the waters resistance for cardio, strength training, and stretching. This will focus on all muscle groups and is great for anyone!

### 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.

### AQUA FLOW (Low intensity)

This class includes a combination of Tai Chi and Yoga movements to increase core strength and stability while promoting better mobility and range of motion

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

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

# AQUATIC CENTER SCHEDULE

**Aquatic Center hours differ from facility hours.  
M-F 5 AM-8:30 PM, Sat 6 AM-6 PM, Sun 7 AM-PM**

**Open Swim is for children and families. Adult swim is class and exercise use time.**

## COMPETITION

## THERAPY

## LEISURE

	COMPETITION	THERAPY	LEISURE
<b>SUN</b>	Lanes 1-3 LAP ONLY: 7 AM-6:00 PM Lanes 4-8 ADULT ONLY: 7 AM-12 PM <b>OPEN SWIM 12:00-6:00 PM</b>	<b>ADULT ONLY:</b> 7 AM-6:00 PM	<b>ADULT ONLY:</b> 7 AM- 12 PM <b>OPEN SWIM 12:00-6:00 PM</b>
<b>MON</b>	Lanes 1-3 LAP ONLY: 5 AM-8:30 PM Lanes 4-8 ADULT ONLY: 5-7:15 AM, 12 PM-3:30 PM.	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 11:15 AM-1:30, 2:15-5:45, 6:45-8:30	<b>ADULT ONLY:</b> 5 AM-4 PM <b>OPEN SWIM 4:00-8:00 PM</b>
<b>TUES</b>	Lanes 1-3 LAP ONLY: 5 AM-8:30 PM Lanes 4-8 ADULT ONLY: 5-6 AM, 6:45-7:30 AM, 10:15 AM-3:30 PM, 8:00-8:30 PM <b>OPEN SWIM 5:30-8 PM</b>	<b>ADULT ONLY:</b> 5 AM-7:30 AM, 11:15 AM-8:30 PM	<b>ADULT ONLY:</b> 5 AM-4 PM <b>OPEN SWIM 4:00-8:00 PM</b>
<b>WED</b>	Lanes 1-3 LAP ONLY: 5 AM-8:30 PM Lanes 4-8 ADULT ONLY: 5-7:15 AM, 12 PM-3:30 PM, 8:00-8:30 PM	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 2:15-5 PM, 6:00-8:30 PM	<b>ADULT ONLY:</b> 5 AM-4 PM <b>OPEN SWIM 4:00-8:00 PM</b>
<b>THURS</b>	Lanes 1-3 LAP ONLY: 5 AM-8:30 PM Lanes 4-8 ADULT ONLY: 5-6 AM, 6:45-7:30 AM, 10:15 AM-3:30 PM, 8:00-8:30 PM <b>OPEN SWIM 5:30-8 PM</b>	<b>ADULT ONLY:</b> 5 AM-7:30 AM, 11:15 AM-5 PM, 5:45-8:30 PM	<b>ADULT ONLY:</b> 5 AM-4 PM <b>OPEN SWIM 4:00-8:00 PM</b>
<b>FRI</b>	Lanes 1-3 LAP ONLY: 5 AM-8:30 PM Lanes 4-8 ADULT ONLY: 5-8:15 AM, 11 AM-3:30 PM, 8:00-8:30 PM <b>OPEN SWIM 5:30-8 PM</b>	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 2:15-8:30 PM	<b>ADULT ONLY:</b> 5 AM-4 PM <b>OPEN SWIM 4:00-8:00 PM</b>
<b>SAT</b>	Lanes 1-3 LAP ONLY: 7 AM-6:00 PM Lanes 4-8 ADULT ONLY: 7 AM-8 AM <b>OPEN SWIM 12:00-6:00 PM</b>	<b>ADULT ONLY:</b> 8:45 AM-6:00 PM	<b>ADULT ONLY:</b> 7 AM-12 PM <b>OPEN SWIM 12:00-6:00 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.**

### PROGRAMS

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

**Please see our monthly aquatic calendar for any events occurring.**

- **Washington Swim Starts August 9<sup>th</sup>. Practices are M-F 3:30-5:30 (Lanes 4-8) and Tu/Th diving from 5:30-6:30 PM in the diving well. Please see calendar for meet dates.**
- **PAWW practice begins September 1<sup>st</sup>. Practices are M and W from 5:30-8 PM (Lanes 5-8)**