

AQUATIC FITNESS CLASSES

Instructors and classes are subject to change. **Highlighted indicates a class change or new class.**

MONDAY

5:45-6:30 AM **Aqua Fusion** (Jennifer) CP
 7:20-8:05 AM **Aqua Power** (Susan) CP
 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
 5:45-6:30 PM **Power** (Susan) TP

WEDNESDAY

5:45-6:30 AM **Aqua Fusion** (Jennifer) CP
 8:15-9:00 AM **Fun & Fit** (Mary) CP
 8:30-9:15 AM **Aqua Arthritis** (Beth) TP
 9:05-9:50 AM **Deep Water** (Mary) CP
 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** (Sarah) TP
 1:30-2:15 PM **Aqua Arthritis** (Sarah) TP
 5:00-5:45 PM **Aqua Power** (Esther) 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
 9:05-10:05 AM **Aqua HIIT** (Mary) CP
 10:30-11:15 AM **Aqua Arthritis** (Mary) 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) CP
 10:30-11:15 AM **Ai Chi** (Susan) TP
 11:30-12:15 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
 5:00-5:45 PM **Aqua Power** (Tina) TP
 6:00-6:30 **Fun and Fit Junior** (Tina) (age 7+)

SATURDAY

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

SUNDAY

Aquatic Volleyball (CP)

Family: 2:00-3:00 PM

Adult (12+): 3:00-4:00 PM

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 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.

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 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.

LOCATIONS

TP- Therapy Pool (89°-91°)

CP- Competition Pool (83°)

AQUATIC CENTER SCHEDULE

Aquatic Center hours differ from facility hours.
M-Th 5 AM-8:30 PM, Fri 5 AM-6:45 PM, Sat 6 AM-5:30 PM, Sun 7 AM-5:30 PM
Open Swim is for children and families. Adult swim is class and exercise use time.

COMPETITION

THERAPY

LEISURE

	COMPETITION	THERAPY	LEISURE
SUN	Lanes 1-3 LAP ONLY: 7 AM-5:30 PM Lanes 5-8 ADULT ONLY: 7 AM-12 PM	ADULT ONLY: 7 AM-5:30 PM	ADULT ONLY: 7 AM- 12 PM
MON	Lanes 1-3 LAP ONLY: 5 AM-8:30 PM Lanes 5-8 ADULT ONLY: 5-7:15 AM, 9:45 AM-3:30 PM, 8:00-8:30 PM.	ADULT ONLY: 5 AM-8:30 AM, 11:15 AM- 1:30, 2:15-5:45, 6:45-8:30	ADULT ONLY: 5 AM-4 PM, 8-8:30 PM
TUES	Lanes 1-3 LAP ONLY: 5 AM-8:30 PM Lanes 5-8 ADULT ONLY: 5-6 AM, 6:45- 7:30 AM, 10:15 AM-3:30 PM, 8:00-8:30 PM	ADULT ONLY: 5 AM-7:30 AM, 11:15 AM- 8:30 PM	ADULT ONLY: 5 AM-4 PM, 8-8:30 PM
WED	Lanes 1-3 LAP ONLY: 5 AM-8:30 PM Lanes 5-8 ADULT ONLY: 5-7:15 AM, 11:00 AM-3:30 PM, 8:00-8:30 PM	ADULT ONLY: 5 AM-8:30 AM, 2:15-5 PM, 6:00-8:30 PM	ADULT ONLY: 5 AM-4 PM, 8-8:30 PM
THURS	Lanes 1-3 LAP ONLY: 5 AM-8:30 PM Lanes 5-8 ADULT ONLY: 5-6 AM, 6:45- 7:30 AM, 10:15 AM-3:30 PM, 8:00-8:30 PM	ADULT ONLY: 5 AM-7:30 AM, 11:15 AM-5 PM, 5:45-8:30 PM	ADULT ONLY: 5 AM-4 PM, 8-8:30 PM
FRI	Lanes 1-3 LAP ONLY: 5 AM-6:45 PM Lanes 5-8 ADULT ONLY: 5-8:15 AM, 10:05 AM-3:30 PM	ADULT ONLY: 5 AM-8:30 AM, 2:15-6:45 PM	ADULT ONLY: 5 AM-4 PM
SAT	Lanes 1-3 LAP ONLY: 6 AM-5:30 PM Lanes 5-8 ADULT ONLY: 7 AM-8 AM	ADULT ONLY: 8:45 AM-5:30 PM	ADULT ONLY: 6 AM-12 PM

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, for lessons or training. When not in use, 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. Failure to share may result in removal from the lane.
 During competition pool classes, lanes 5-8 are designated for class use. For safety purposes we ask members to use lanes 1-4.

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.

- Aquatic Volleyball: Sunday's (Family 2:00-3:00 and Adult 12+ 3:00-4:00 PM)
- Open Swim: M-Th 4-8 PM, Friday 4-6:45 PM, Sat/Sun 12-5:30 PM
- WCHS Swim Team will hold practice M-F from 3:30-5:30 PM in lanes 4-8. See aquatic calendar for meet dates.
- The diving board will not be available during non-open swim times to ensure member safety