



# AQUATIC FITNESS CLASSES

Instructors and classes are subject to change. Highlighted classes are new/coming soon.

**During competition pool classes, lanes 5-8 will not be available for lap swim**

During non-open swim times the diving board will be closed.

## 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

Adult Swim, Lap Swimming/Exercise use is available any time we are open. Adult **only** swim is before open swim times.

Please see our monthly calendar with open swim times for families.

## MONDAY

- 5:45-6:30 AM **Aqua Fusion** (Jennifer/Tina) 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
- 11:30-12:15 **Aqua Flow** (Susan) TP begins 8/14
- 1:30-2:15 PM **Aqua Arthritis** (Ketra) TP
- 5:45-6:30 PM **Power** (Susan) TP

## TUESDAY

- 6-6:45 AM **Deep Water** (Jennifer/Tina) 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

## WEDNESDAY

- 5:45-6:30 AM **Aqua Fusion** (Jennifer/Tina) 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** (Beth) TP
- 1:30-2:15 PM **Aqua Arthritis** (Ketra) TP
- 5:00-5:45 PM **Aqua Power** (Esther) 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 Jr** (Tina) (age 7+)  
This 30-minute class combines exercise and games in the water to create a fun environment for kids.

## 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

## 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

### 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.

### 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:** Fun and fit with core work.

### Aqua Flow (Low Intensity)

This class includes a combination of Tai Chi and Yoga movements to increase core strength and

### 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.

### 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.

## LOCATIONS

**TP- Therapy Pool/Leisure** (89°-91°) This is a divided pool. Therapy side is for class and adult use. Leisure side is where open swim takes place.

**CP- Competition Pool** (83°) (lanes 1-3 are designated lap swimming lanes)

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

# AQUATIC CENTER SEPTEMBER SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><b>Aquatic Center Hours</b>                      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</p> <p>Adult Swim, Lap Swimming/Exercise use is available any time we are open. Adult <u>only</u> swim is before open swim times.                      Open swim is for children and families. Open swim takes place in the competition pool (lanes 5-8) and the leisure pool.                      WCHS Swim Practice effects open swim in the competition pool, please see their practice times.</p>						<p>1                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-6:45 OPEN SWIM                      Pool closes at 6:45</p>	<p>2                      12-5:30 OPEN SWIM                      Pool Closes at 5:30 PM</p>
<p>3                      12-5:30 OPEN SWIM                      Pool Closes at 5:30                      Aquatic Volleyball                      Family: 2:00-3:00                      Adult (12+): 3:00-4:00                      In competition pool</p>	<p>4                      Labor Day                      WCHS Swim Team                      8-10 AM                      Lanes 4-8                      10-2:45 Open Swim                      Pool Closes at 2:45 PM</p>	<p>5                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>6                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>7                      Competition Pool Closed                      from 4-6:45 PM for a                      WCHS Swim Meet                      4-8 Open Swim-Leisure</p>	<p>8                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-6:45 OPEN SWIM                      Pool closes at 6:45</p>	<p>9                      12-5:30 OPEN SWIM                      Pool Closes at 5:30 PM</p>	
<p>10                      12-5:30 OPEN SWIM                      Pool Closes at 5:30                      Aquatic Volleyball                      Family: 2:00-3:00                      Adult (12+): 3:00-4:00                      In competition pool</p>	<p>11                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>12                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>13                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>14                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>15                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-6:45 OPEN SWIM                      Pool closes at 6:45</p>	<p>16                      12-5:30 OPEN SWIM                      Pool Closes at 5:30 PM</p>	
<p>17                      12-5:30 OPEN SWIM                      Pool Closes at 5:30                      Aquatic Volleyball                      Family: 2:00-3:00                      Adult (12+): 3:00-4:00                      In competition pool</p>	<p>18                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>19                      Competition Pool Closed                      from 4-6:45 PM for a                      WCHS Swim Meet                      4-8 Open Swim-Leisure</p>	<p>20                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>21                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>22                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-6:45 OPEN SWIM                      Pool closes at 6:45</p>	<p>23                      12-5:30 OPEN SWIM                      Pool Closes at 5:30 PM</p>	
<p>24                      12-5:30 OPEN SWIM                      Pool Closes at 5:30                      Aquatic Volleyball                      Family: 2:00-3:00                      Adult (12+): 3:00-4:00                      In competition pool</p>	<p>25                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>26                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>27                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>28                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-8 Open Swim</p>	<p>29                      WCHS Swim Team                      3:30-5:30 PM                      Lanes 4-8                      4-6:45 OPEN SWIM                      Pool closes at 6:45</p>	<p>30                      12-5:30 OPEN SWIM                      Pool Closes at 5:30 PM</p>	
<p><b>General Information</b></p> <p>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. Members/guests will be asked to move if the lane is needed.  <b>PRIVATE LAP LANES ARE NOT AVAILABLE. LAP LANES MUST BE SHARED. Failure to share may result in removal from the lane.</b>                      Birthday parties can occur: Friday 5-7, Sat/Sun. 12-2, 1:15-3:15, 2:45-4:45. Lessons can occur at any time in any pool.</p>							