



# AQUATIC FITNESS CLASSES

## 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)

## HOURS

M-Th 5 AM-8:00 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 (on back) with open swim times for families.

## MONDAY

5:45-6:30 AM **Aqua Fusion** (Lisa) 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  
 1:30-2:15 PM **Aqua Arthritis** (Ketra) TP  
 5:30-6:15 PM **Power** (Susan) TP

## TUESDAY

6-6:45 AM **Deep Water** (Jennifer) 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  
 9:30-10:15 AM **Aqua Arthritis** (Ketra)  
 10:30-11:15 AM **Ai Chi** (Susan) TP

## WEDNESDAY

7:30-8:15 AM **Aqua Flow** (Susan) TP  
 8:10-8:55 AM **Fun & Fit** (Mary) CP  
 8:30-9:15 AM **Aqua Arthritis** (Beth) TP  
 9:00-10:00 AM **Aqua HIIT** (Mary) CP  
 9:30-10:15 AM **Fun & Fit** (Beth) TP  
 10:05-10:55 AM **Deep Water** (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** (Jennifer) 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  
 9:30-10:15 AM **Aqua Arthritis** (Ketra)  
 10:30-11:15 AM **Ai Chi** (Susan) TP  
 5:00-5:45 PM **Aqua Power** (Rachelle) TP  
 6:00-6:30 **Fun and Fit Jr** (Rachelle)  
 (age 5+) This 30-minute class combines exercise and games in the water to create a fun environment for kids.

## FRIDAY

6-6:45 AM **Aqua Fit** (Amanda) TP-starting 3/28  
 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

### 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.

### 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 stability while promoting better mobility.

### Deep Water Wall Aerobics (High intensity)

Short but powerful wall segments. Focuses on cardio, core training, and strength. This class can help with balance, and muscle strength. The water is denser than air, so each movement requires more force.

## GENERAL INFORMATION

**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.

**PRIVATE LAP LANES ARE NOT AVAILABLE. LAP LANES MUST BE SHARED. Failure to share may result in removal from the lane.**

**During early morning hours lap lanes are busy, and classes are in session in the competition pool. Lanes must be shared. No lap swimming is allowed in lanes 5-8 during class times for safety.**

# AQUATIC CENTER APRIL SCHEDULE

Updated: 3/28/25

| Sun  | Mon   | Tue   | Wed   | Thu  | Fri  | Sat   |
|--|---|---|---|--|--|---|
|  |   | 1<br>OSF Therapy 12-4-TP<br>4-8 PM Open Swim  | 2<br>4-8 PM Open Swim   | 3<br>OSF Therapy 12-4-TP<br>4-8 PM Open Swim<br>Scout Lane Rental 6-8 PM<br>Lanes 7 and 8  | 4<br>4-6:45 OPEN SWIM<br>Pool closes at 6:45   | 5<br>Lifeguard Class<br>9 AM-5 PM<br>Lanes 5-8<br>12-5:30 OPEN SWIM<br>Pool Closes at 5:30              |
| 6<br>Lifeguard Class<br>9 AM-5 PM<br>Lanes 5-8<br>12-5:30 OPEN SWIM<br>Pool Closes at 5:30<br>Aquatic Volleyball<br>Family: 2:00-3:00<br>Adult (12+): 3:00-4:00<br>In competition pool | 7<br>4-8 PM Open Swim<br>Scout Lane Rental 6-8 PM<br>Lanes 7 and 8    | 8<br>OSF Therapy 12-4-TP<br>4-8 PM Open Swim  | 9<br>4-8 PM Open Swim   | 10<br>OSF Therapy 12-4-TP<br>4-8 PM Open Swim<br>Scout Lane Rental 6-8 PM<br>Lanes 7 and 8 | 11<br>4-6:45 OPEN SWIM<br>Pool closes at 6:45  | 12<br>Lifeguard Class<br>9AM-5 PM<br>Lanes 5-8<br>12-5:30 OPEN SWIM<br>Pool Closes at 5:30              |
| 13<br>Lifeguard Class<br>9AM-5 PM<br>Lanes 5-8<br>12-5:30 OPEN SWIM<br>Pool Closes at 5:30<br>Aquatic Volleyball<br>Family: 2:00-3:00<br>Adult (12+): 3:00-4:00<br>In competition pool | 14<br>4-8 PM Open Swim  | 15<br>OSF Therapy 12-4-TP<br>4-8 PM Open Swim | 16<br>4-8 PM Open Swim  | 17<br>OSF Therapy 12-4-TP<br>4-8 PM Open Swim  | 18<br>12-6:45 OPEN SWIM<br>Pool closes at 6:45 | 19<br>12-5:30 OPEN SWIM<br>Pool Closes at 5:30  |
| 20<br>Closed<br>Happy Easter   | 21<br>4-8 PM Open Swim<br>Scout Lane Rental 6-8 PM<br>Lanes 7 and 8   | 22<br>OSF Therapy 12-4-TP<br>4-8 PM Open Swim | 23<br>4-8 PM Open Swim  | 24<br>OSF Therapy 12-4-TP<br>4-8 PM Open Swim  | 25<br>4-6:45 OPEN SWIM-<br>Pool closes at 6:45 | 26<br>Lifeguard Class<br>9AM-5 PM<br>Lanes 5-8<br>12-5:30 OPEN SWIM<br>Pool Closes at 5:30              |
| 27<br>12-5:30 OPEN SWIM<br>Pool Closes at 5:30<br>Aquatic Volleyball<br>Family: 2:00-3:00<br>Adult (12+): 3:00-4:00<br>In competition pool   | 28<br>4-8 PM Open Swim-LP<br>WPD Stroke Clinic<br>5:00-7:30 Lanes 5-8 | 29<br>OSF Therapy 12-4-TP<br>4-8 PM Open Swim | 30<br>4-8 PM Open Swim-LP<br>WPD Stroke Clinic<br>5:00-7:30 Lanes 5-8 |  |  | Birthday parties<br>can occur:<br>Sat/Sun. 11:30-5.<br>Lessons can<br>occur at any<br>time in any pool. |