



# 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-8:00 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 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** (Cara) 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) CP
- 10:30-11:15 AM **Ai Chi** (Susan) TP

## WEDNESDAY

- 5:45-6:30 AM **Aqua Fusion** (Jennifer) CP
- 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** (Cara) 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) TP
- 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) TP (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
- 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** (Amanda) TP
- 8-8:45 AM **Aqua Fit** (Amanda) 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.

## 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.**

For more information, contact Aquatic Manager, Rachele Mullen, at (309) 444.8222 ex. 24 or rachelem@fivepointswashington.org

# AQUATIC CENTER APRIL SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 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	30 12-8PM Open Swim  Scuba Rental 530-8PM Lanes 6-8	31 OSF Therapy 12-4PM TP  12-8PM Open Swim  Scuba Rental 530-8PM Lanes 6-8	1 12-8 Open Swim	2 OSF Therapy 12-4PM TP  12-8PM Open Swim	3 12-6:45 OPEN SWIM Pool closes at 6:45	4 12-5:30 OPEN SWIM Pool Closes at 5:30 PM
5	6 4-8PM Open Swim	7 OSF Therapy 12-4PM TP  4-8PM Open Swim	8 4-8 Open Swim	9 OSF Therapy 12-4PM TP  4-8PM Open Swim  Scout Lane Rental 6-8PM Lanes 6-8	10 4-6:45 OPEN SWIM Pool closes at 6:45	11 12-5:30 OPEN SWIM Pool Closes at 5:30 PM  Lifeguard Course 9AM-12PM
12 Lifeguard Course 9-12PM 12-5:30 OPEN SWIM Pool Closes at 5:30 Aquatic Volleyball	13 4-8PM Open Swim  Scout Lane Rental 6-8PM Lanes 6-8	14 OSF Therapy 12-4PM TP  4-8PM Open Swim	15 4-8 Open Swim	16 OSF Therapy 12-4PM TP  4-8PM Open Swim	17 4-6:45 OPEN SWIM Pool closes at 6:45	18 Lifeguard Course 9AM – 12PM 12-5:30 OPEN SWIM Pool Closes at 5:30 PM
19 12-5:30 OPEN SWIM Aquatic Volleyball Family: 2:00-3:00 Adult (12+): 3:00-4:00 In competition pool	20 4-8PM Open Swim	21 OSF Therapy 12-4PM TP  4-8PM Open Swim	22 4-8 Open Swim	23 OSF Therapy 12-4PM TP  4-8PM Open Swim	24 4-6:45 OPEN SWIM Pool closes at 6:45	25 Scuba Rental 8-1130AM 12-5:30 OPEN SWIM Pool Closes at 5:30 PM
26 Scuba Rental 8-1130AM 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	27 4-8PM Open Swim  Scout Lane Rental 6-8PM Lanes 6-8	28 OSF Therapy 12-4PM TP  4-8PM Open Swim	29 4-8 Open Swim	30 OSF Therapy 12-4PM TP  4-8PM Open Swim		

### 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.**

Birthday parties can occur: Friday 5-7, Sat/Sun. 11:30-5

Lessons can occur at any time in any pool.