

AQUATICS SCHEDULE

Effective September 1, 2019 Text in RED indicates NEW classes and times

Schedule is subject to change without notice due to holidays, class enrollment, pool malfunction or overcrowding.

POOL OPERATION HOURS

Bobry Family Pool

Mon & Thu, 7:30am-8pm
Tue & Wed, 8am-8pm
Fri, 8am-5:30pm
Sat-Sun, 8am-8pm

Max Adler Lap Pool

Mon-Thu, 5am-9:30pm
Fri, 5am-5:30pm
Sat & Sun, 8am-8pm

M&T Bank Splash Pool

Mon-Thu, 4pm-6pm
Fri, 3pm-5pm
Sat & Sun, 10am-6pm
Closing date TBD

MONDAY

8:00am-8:45am	Level-Up Fitness Class	Family Pool	Christy S
9:00am-10:00am	Power Oodles of Noodles	Family Pool	Vanessa S
11:00am-12:00pm	Lengthen Oodles of Noodles	Family Pool	Vanessa S
6:30pm-7:30pm	Aqua Body Strong paddleboard/Fit to the Core	Lap Pool	Bev H
6:30pm-7:30pm	Aqua Zumba	Family Pool	Steve C

TUESDAY

8:30am-9:30am	HydroRider	Family Pool	Christy S
9:30am-10:30am	H2O Bootcamp	Lap Pool	Maddy R
10:00am-11:00am	HydroRider	Family Pool	Christy S
11:15am-12:00pm	Joint in Motion	Family Pool	Christy S
4:00pm-5:45pm	Group Swim Lessons	Family/Lap Pool	
6:00pm-7:00pm	Aqua Cardio	Lap Pool	Christy S
6:00pm-7:00pm	Adult Learn-to-Swim	Family Pool	

WEDNESDAY

8:30am-9:30am	Yoga Flow	Family Pool	Wendy B
11:00am-11:45am	Aqua Aerobics	Family Pool	Christy S
12:00pm-1:00pm	Aqua Body Strong paddleboard/Growing Younger	Lap Pool	Christy S
4:00pm-5:45pm	Group Swim Lessons	Family/Lap Pool	
5:30pm-6:30pm	Aqua Body Strong paddleboard/Strength & Cardio	Lap Pool	Christy S
6:30pm-7:30pm	Aqua Zumba	Family Pool	Steve C

THURSDAY

8:00am-8:45am	Level-Up Fitness	Lap Pool	Christy S
9:30am-10:30am	Aqua Body Strong paddleboard/Rock & Roll	Lap Pool	Bev H
11:00am-11:45am	Aqua Aerobics	Family Pool	Christy S
4:00pm-5:45pm	Group Swim Lessons	Family/Lap Pool	
5:00pm-6:00pm	Aqua Circuits	Family Pool	Maddy R
6:00pm-7:00pm	Aqua Body Strong paddleboard/Youth and Teen	Lap Pool	Mor D
7:00pm-8:00pm	Aqua Body Strong paddleboard/Power & Flow	Lap Pool	Mor D

FRIDAY

9:00am-10:00am	Aqua Aerobics	Lap Pool	Christy S
10:00am-10:45am	Aqua Recovery	Family Pool	Christy S
11:00am-11:45am	Level-Up Fitness Class	Family Pool	Avi S
4:00pm-5:00pm	Aqua Body Strong paddleboard/Parent and Child	Lap Pool	Maddy R

SATURDAY

9:15am-10:15am	HydroRider	Family Pool	Andrea K
10:30am-11:30am	HydroRider	Family Pool	Andrea K

SUNDAY

8:15am-9:15am	Aqua Body Strong paddleboard/Strength & Cardio	Lap Pool	Karyn V
9:00am-1:00pm	Group Swim Lessons	Family Pool	
1:00pm-2:00pm	Aqua Body Strong paddleboard/Parent and Child	Lap Pool	Maddy R

AQUATICS CLASSES

The classes in this column
Are included with JCC Membership.
No registration required.

AQUA AEROBICS: This low impact workout will challenge those who need to get into shape, have arthritis, or joint problems. This class incorporates low cardio, muscle toning, strengthening and balance work.

AQUA BOOTCAMP: High intensity speed and movement training that maximizes your fitness in a low impact, fun environment. During the class, at least one lap lane will be left open for lap swimmers.

AQUA CARDIO: Join our certified aquatic staff for weekly cardio classes in the lap pool. Workouts include submerged running, cycling and kicking to keep your heart rate up while reducing the impact to your body and joints you would normally experience with land exercises.

AQUA CIRCUIT: Jam-packed boot camp type circuit workout in the water to experience all our aquatic equipment. Stations will include cycling, weights and motions to test your endurance and strength. Ideal for participants to jump start and diversify their training.

AQUA RECOVERY: After a hard week, this class restores mobility, decreases joint pain, and restores your muscle tension while stretching in our warm family pool water.

AQUA ZUMBA®: Latin dance beats follows exercisers into the pool in this unique blend of water aerobics and dance.

JOINTS IN MOTION: Taught by a certified Arthritis Foundation instructor, this class is ideal for anyone suffering from joint pain, range of motion and flexibility problems to push yourself in the pool. NEW: No registration required.

HYDRORIDER: Spin your wheels in the water in this unique indoor cycling class in the pool. Many incredible benefits including high caloric burn, lean muscle-building, and increased circulation, combined with the low impact on joints. *Registration prior to classes encouraged*

LENGTHEN OODLES OF NOODLES: Aquatic Class to help stretch, lengthen and encourage body movement in the pool. Come join an upbeat, gentle way to work out in the water.

POWER OODLES OF NOODLES: A full hour of non-stop aerobics with noodles and other pool equipment that will leave you hooting and hollering. Exercises emphasize endurance and strength training.

YOGA FLOW: Let the water flow as you move through poses in this low impact, warm water class. Yoga Flow will simultaneously help you to develop posture, static balance and range of motion.

The classes in this column are fee-based and require advanced registration. Full pricing and registration information online.

ADULT LEARN-2-SWIM: Ages 15+, Join our qualified staff to learn to swim once and for all! Our hour long clinics will incorporate psychology and physiology of swimming, to finally conquer your fears/anxieties around water. All beginning and intermediate levels welcome.

AQUA BODY STRONG PADDLEBOARD/FIT TO THE CORE: Ages 16+, Come lay, sit, kneel or stand up in our Pilates based stand-up paddle board class. Your balance on the board will activate core strength, stability and fire up your major muscle groups.

AQUA BODY STRONG PADDLEBOARD/GROWING YOUNGER: Ages 18+, Active agers are going to love our low impact, core stabilization workout that is gentle on the body and all-around fun.

AQUA BODY STRONG PADDLEBOARD/PARENT AND CHILD: Ages 6-12, this fun new interactive workout performed on stand-up paddle boards will keep you and your child engaged and involved in fun games and activities with the boards. One adult required per two children. Registration for children participants only.

AQUA BODY STRONG PADDLEBOARD/POWER & FLOW: Ages 16+, ABS flow engages every muscles in your body by incorporating yoga postures with strong energetic transition. Tone your body, build balance, flexibility and increase your metabolism.

AQUA BODY STRONG PADDLEBOARD/ROCK & ROLL: Ages 18+, the golden oldies of music and motion. Come jam out to rock and roll classic music while testing your balance on our stand-up paddle boards.

AQUA BODY STRONG PADDLEBOARD/STRENGTH & POWER: Ages 16+, the new balance and strength based workout that challenges you to maintain proper postural control and alignment and performing Yoga, HIIT, Pilates, and resistance bands.

AQUA BODY STRONG PADDLEBOARD/YOUTH AND TEEN: Ages 12-17, team based drills and confidence boosting games will encourage your child to get active in the pool. Keep kids physically fit and build executive functions skills to improve focus, planning and control.

GROUP SWIM LESSONS: Ages 8 months to 15 years old, learn to swim with our highly trained swim instructors and coaches with small class participant to teacher ratios.

PRIVATE SWIM LESSONS: All Ages, personalized training in 30 minute sessions to maximize your swimming and training goals. Bathers and lap swimmers may be asked to relocate their activities to accommodate scheduled private swim lessons. View our website for more registration information.