

# AQUATICS SCHEDULE

Effective March 1, 2020

Classes in red denote changes or new classes.

+ Denotes class included in the Fitness Class Add-On Denotes Silver Fitness programming

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

## MONDAY

9-10am	+ Power Oodles of Noodles	Family Pool	Vanessa S
11-12pm	+ Oodles of Noodles	Family Pool	Vanessa S
6:30-7:30pm	ABS: Fit to the Core	Lap Pool	Bev H
6:30-7:30pm	+ Aqua Zumba	Family Pool	Steve C

## TUESDAY

8:30-9:30am	+ HydroRider	Family Pool	Christy S
9:30-10:30am	+ Aqua Bootcamp	Lap Pool	Maddy R
11:15am-12pm	Joins in Motion	Family Pool	Christy S
4-5:45pm	Group Swim Lessons	Family Pool	
6-7pm	Adult Learn-to-Swim	Family Pool	
6-7pm	+ Aqua Cardio	Lap Pool	Christy S
6:30-7:30pm	+ Aqua Zumba (starts 3/10)	Family Pool	Steve C

## WEDNESDAY

8:30-9:30am	+ Yoga Flow	Family Pool	Wendy B
10-10:45pm	+ Aqua Cardio	Lap Pool	Christy S
11-11:45am	+ Strength Sculpt	Family Pool	Christy S
12-1pm	ABS: Growing Younger	Lap Pool	Christy S
4-6pm	Group Swim Lessons	Family Pool	
5:45-6:30pm	+ Aqua Intervals	Family Pool	Maddy R
6:30-7:30pm	+ HydroRider	Family Pool	Andrea K

## THURSDAY

9-10am	+ Aqua Bootcamp	Family Pool	Beth H
9:30-10:30am	ABS: Rock & Roll	Lap Pool	Bev H
11-11:45am	+ Cardio Sculpt	Family Pool	Christy S
4-5:45pm	Group Swim Lessons	Family Pool	

## FRIDAY

8:30-9:15am	+ Aqua Zumba	Family Pool	Maddy R
9:15-10am	+ Strength Sculpt	Lap Pool	Christy S
10-10:45am	+ Aqua Recovery	Family Pool	Christy S

## SATURDAY

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

## SUNDAY

9:30-1pm	Group Swim Lessons	Family Pool	
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## HOURS OF OPERATION

### Max Adler Lap Pool

Monday-Thursday, 5am-10pm

Friday, 5am-5:30pm

Saturday & Sunday, 8am-8pm

### Bobry Family Pool

Monday-Thursday, 7:30am-8pm

Tuesday & Wednesday, 8am-8pm

Friday, 8am-5:30pm

Saturday & Sunday, 8am-8pm

## SPACE ALLOCATION

**Aqua Body Strong Water Fitness Board Classes** – During ABS Fitness board classes, 1-2 lap lanes will be reserved.

**Group + Private Swim Lessons:** Swim instructors can ask to share or relocate lap swimming for registered group and private swim lesson participants.

**Open Lap Lanes:** During hours of operation, 4-5 lap lanes and 1-2 water walking lanes available except during scheduled aquatic classes. 5 minute prior and after class, bathers and class participants may be asked to relocate or temporarily suspend activity.

## CLASSES

**ABS/Fit to the Core:** 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. \$

**ABS/Growing Younger:** Active agers are going to love our low impact, core stabilization workout that is gentle on the body and all-around fun. \$

**ABS/Rock & Roll:** 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 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 Interval:** High interval class followed by strength, toning and balance exercises.

**Aqua Recovery:** 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.

**Joins in Motion:** Ideal for anyone suffering from joint pain, range of motion and flexibility problems to push yourself in the pool.

**HydroRider:** Spin your wheels in the water in this unique indoor cycling class in the pool.

**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.

**Water Sculpt:** Define your entire body with intervals of resistance training and cardio bursts to maximize calorie burning and muscle development.

**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.

