


# Lap and Family Pool Schedule

August 30-October 3, 2021

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday					
Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family				
5:30-7a Adult Lap Swim	6-6:45a <b>Aqua Zumba</b>	5:30-7a Adult Lap Swim	6-6:45a <b>Aqua Zumba</b>	5:30-7a Adult Lap Swim	6-6:45a <b>Aqua Zumba</b>	5:30-7a Adult Lap Swim	6-6:45a <b>Aqua Zumba</b>	5:30-7a Adult Lap Swim	6-6:45a <b>Aqua Zumba</b>	<div style="border: 1px solid black; padding: 5px;"> <p>Lap Pool: *78-79 degrees * 25 yards *6 lane competitive pool.</p> <p>Family Pool: *85-89 degrees *water features *Chair Lift</p> <p>The Hot Tub: *102-104 degrees *MUST be 18 to use.</p> </div>							
7-8a <b>H2O Strong</b> Adult Lap Swim	6:45-9a Open Swim	7-8a <b>H2O Move</b> Adult Lap Swim	6:45-9a Open Swim	7-8a <b>H2O Strong</b> Adult Lap Swim	6:45-9a Open Swim	7-8a <b>H2O Move</b> Adult Lap Swim	6:45-9a Open Swim	7-8a <b>H2O Strong</b> Adult Lap Swim	6-9a Open Swim								
8-9a Adult Lap Swim		8-9a Adult Lap Swim		8-9a Adult Lap Swim		8-9a Adult Lap Swim		8-9 am Adult Lap Swim							8-9a Open Swim		
9-10a <b>H2O Strong &amp; Fit</b> Adult Lap Swim	9-10a <b>Fit For Life</b>		9-9:45a <b>Aqua Fit</b>	9-10a <b>H2O Strong &amp; Fit</b> Adult Lap Swim	9-10a <b>Fit For Life</b>		9-9:45a <b>Aqua Fit</b>	9-10a <b>H2O Strong &amp; Fit</b> Adult Lap Swim	9-10a <b>Fit For Life</b>	8-10a Lap Swim	9-10a <b>H2O Fit</b>						
10a-1p Lap Swim	10-11a Adult Swim	9a-1p Lap Swim	9:45-10:30a <b>Active For Life</b>	10a-1p Lap Swim	10-11a Adult Swim	9a-1p Lap Swim	9:45-10:30a <b>Active For Life</b>	10a-1p Lap Swim	10-11a Adult Swim	10a-1p Lap Swim	10-11a Adult Swim	10-11a <b>Special Olympics</b> Lap Swim	10-11a <b>Pool Rental</b>				
	11a-1p Open Swim		10:30-11a Adult Swim		11a-1p Open Swim		10:30-11a Adult Swim		11a-1p Open Swim		11a-1p Open Swim	11-11:30a <i>Swim Lessons</i>					
			11a-1p Open Swim				11a-1p Open Swim				11a-1p Open Swim						
1-3p HHS Class Lap Swim	1-1:45p <b>Active For Life</b>	1-3p HHS Class Lap Swim	1-2p <b>Fit For Life</b>	1-3p HHS Class Lap Swim	1-1:45p <b>Active For Life</b>	1-3p HHS Class Lap Swim	1-2p <b>Fit For Life</b>	1-3p HHS Class Lap Swim	1-1:45p <b>Active For Life</b>	11-4:30p Lap Swim	11:30-4:30 Open Swim	1-2p <b>Pool Rental</b>					
3-6:45p Lap Swim	1:45-4:45p Open Swim	3-5:45p Lap Swim	2-4:45p Open Swim	3-6:45p Lap Swim	1:45-5:45p Open Swim	3-5:45 p Lap Swim	2-4:45p Open Swim	3-6:45p Lap Swim	1:45-6p Open Swim			1-4:30p Lap Swim	2-4:30p Open Swim				
	4:45-5:30p <i>Swim Lessons</i>		4:45-5:30p <i>Swim Lessons</i>		5:45-6:30p <b>H2O Circuit</b>		4:45-5:30p <i>Swim Lessons</i>		6-7p <b>Pool Rental</b>								
	5:30-6:15p Open Swim		5:45-6:45p <i>Swim Lessons</i> Lap Swim (4)		5:45-6:45p <b>Kicks &amp; Core</b>		5:45-6:45p <i>Swim Lessons</i> Lap Swim (4)		5:45-6:45p <b>Kicks &amp; Core</b>								
6:45-8:30p <i>Swim Team</i> Lap Swim (1)	6:15-7p <i>Swim Lessons</i>	6:45-8:30p <i>Swim Team</i> Lap Swim (1)	6:15-7p <i>Swim Lessons</i>	6:45-8:30p <i>Swim Team</i> Lap Swim (1)	6:30-8:30p Open Swim	6:45-8:30p <i>Swim Team</i> Lap Swim (1)	6:45-8:30p Open Swim	6:45-8:30p <i>Swim Team</i> Lap Swim (1)	6:45-7:45p <i>Swim Team</i> Lap Swim (1)	7-8:30p Open Swim							
	7-8:30p Open Swim		7-8:30p Open Swim						7:45-8:30p Lap Swim								

# WATER FITNESS

## **ACTIVE FOR LIFE:**

This class provides exercise for those who experience joint pain and stiffness. The exercises provide gentle range of motion to help with joint mobility.

**Family Pool: T & Th 9:45-10:30 am & M W F 1-1:45 pm**

## **AQUA FIT:**

This class features both shallow and deep water exercises that will help with strength, endurance and cardiovascular health. Let our instructors show you how much fun exercising can be!!

**Family Pool: T & Th 9-9:45 am**

## **AQUA ZUMBA®:**

Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Family Pool: M T W Th 6-6:45 am**

## **FIT FOR LIFE:**

This shallow water class provides gentle range of motion exercises that improve cardiovascular health, muscle endurance and joint mobility.

**Family Pool: M W F 9-9:45 am T & Th 1-1:45**

## **H2O Circuit:**

Strengthen and tone while you get a heart-pumping workout at your own pace in stations set up in all depths of the pool! This mid-high intensity class will work every part of your body in new and challenging

**Family Pool: W 5:45-6:30 pm**

## **H2O FIT:**

Kick off your weekend right with this mid to high intensity class. Get your heart pumping and your body moving!!

**Family Pool: Sat 9-10 am**

## **H2O Move:**

Get our day off to a great start! Enjoy this mid-high intensity class in both shallow and deep water that incorporates low impact cardiovascular training with some muscle toning.

**Lap Pool: T Th 7-8 am**

## **H2O Strong:**

Start your day focusing on strength, flexibility, balance and core in the water. This class will work your body in different ways with water resistance and movement.

**Lap Pool: M W F 7-8 am**

## **H2O Strong & Fit:**

Mid-High intensity-This class utilizes both shallow and deep water exercises that will give you a great cardiovascular, strength and endurance workout. We'll make sure you're smiling and breathing hard throughout the entire class!

**Lap Pool: M W F 9-10 am**

## **KICKS & CORE:**

This is NOT your grandma's water x class!! Kick it up a notch with this class!! We will take you through a full body, high repetition work out targeting your core and all major muscles!

**Family Pool: T & Th 5:45-6:45**