


Lap and Family Pool Schedule November 15-December 31

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 Aqua Zumba	5:30-7a Adult Lap Swim	6-6:45a Aqua Zumba	5:30-7a Adult Lap Swim	6-6:45a Aqua Zumba	5:30-7a Adult Lap Swim	6-6:45a Aqua Zumba	5:30-7a Adult Lap Swim		<div style="border: 2px solid black; padding: 10px; text-align: center;"> School days out: HHS practice 10a-12p BHS practice 1-3p Swim Meets: Dec 4th and 14th </div>					
7-8a H2O Strong Adult Lap Swim	6:45-9a Open Swim	7-8a H2O Move Adult Lap Swim	6:45-9a Open Swim	7-8a H2O Strong Adult Lap Swim	6:45-9a Open Swim	7-8a H2O Move Adult Lap Swim	6:45-9a Open Swim	7-8a H2O Strong 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							
9-10a H2O Strong & Fit Adult Lap Swim	9-10a Fit For Life		9-9:45a Aqua Fit	9-10a H2O Strong & Fit Adult Lap Swim	9-10a Fit For Life		9-9:45a Aqua Fit	9-10a H2O Strong & Fit Adult Lap Swim	9-10a Fit For Life	8-9a Lap Swim	8-9a Open Swim				
10a-1p Lap Swim	10-11a Adult Swim	9a-1p Lap Swim	9:45-10:30a Active For Life	10a-1p Lap Swim	10-11a Adult Swim	9a-1p Lap Swim	9:45-10:30a Active For Life	10a-1p Lap Swim	10-11a Adult Swim	9-11a BHS swim Team	9-10a H2O Fit				
	11a-1p Open Swim		10:30-11a Adult Swim		11a-1p Open Swim		10:30-11a Adult Swim		11a-1p Open Swim		10-11a Adult Swim	11a-1p Open Swim	10-11a Pool Rental	11-11:30a <i>Swim Lessons</i>	
			11a-1p Open Swim				11a-1p Open Swim				11a-1p Open Swim		11-11:30a <i>Swim Lessons</i>		
1-3:30p HHS Class Lap Swim	1-1:45p Active For Life	1-3:30p HHS Class Lap Swim	1-2p Fit For Life	1-3:30p HHS Class Lap Swim	1-1:45p Active For Life	1-3p HHS Class Lap Swim	1-2p Fit For Life	1-3p HHS Class Lap Swim	1-1:45p Active For Life	11-4:30p Lap Swim	11:30-4:30 Open Swim		1-2p Pool Rental		
	1:45-4:45p Open Swim		2-4:45p Open Swim		1:45-5:45p Open Swim		2-4:45p Open Swim		1:45-6p Open Swim					1-4:30p Lap Swim	2-4:30p Open Swim
3:30-5:45p High School Swim Teams	4:45-5:30p <i>Swim Lessons</i>	3:30-5:45p High School Swim Teams	4:45-5:30p <i>Swim Lessons</i>	3:30-5:45p High School Swim Teams	4:45-5:30p <i>Swim Lessons</i>	3:30-5:45p High School Swim Teams	4:45-5:30p <i>Swim Lessons</i>	3:30-5:45p High School Swim Teams							
6-6:45p Lap Swim	5:30-6:15p Open Swim	5:45-6:45p <i>Swim Lessons</i> Lap Swim (4)	5:45-6:45p Kicks & Core	6-6:45p Lap Swim	5:45-6:30p H2O Circuit	5:45-6:45p <i>Swim Lessons</i> Lap Swim (4)	5:45-6:45p Kicks & Core	6-6:45p Lap Swim	6-7p Pool Rental						
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	6:45-7:45p <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