

# AQUATIC CENTER SCHEDULE

September 2<sup>nd</sup> - December 21<sup>st</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am-8am* Fitness Swim *7am- Power Waves	5am-9am Fitness Swim	5am-8am* Fitness Swim *7am- Power Waves	5am-9am Fitness Swim	5am-8am* Fitness Swim *7am- Power Waves		
8am-11am Fitness Swim/ Water Exercise Classes	9am-1pm Fitness Swim/ Family Time Swim (no slide)  10am- Power Waves	8am-11am Fitness Swim/ Water Exercise Classes	9am-1pm Fitness Swim/ Family Time Swim (no slide)  10am- Power Waves	8am-11am Fitness Swim/ Water Exercise Classes	7am-11am Fitness Swim	
11am-1pm Fitness Swim/Family Time Swim (no slide)		11am-1pm Fitness Swim/Family Time Swim (no slide)		11am-1pm Fitness Swim/Family Time Swim (no slide)	11am-4pm Member Swim (with slide)	1pm-5pm Member Swim (with slide)
1pm-4pm CLOSED	1pm-4pm CLOSED	1pm-4pm CLOSED	1pm-4pm CLOSED	1pm-4pm CLOSED		
4pm-7pm Fitness Swim/Member Swim (no slide) *Swim Lessons **Swim Team Practice- 6:45pm	4pm-7pm Fitness Swim/Member Swim (no slide) *Swim Club/Lessons	4pm-7pm Fitness Swim/Member Swim (no slide) *Swim Lessons	4pm-7pm Fitness Swim/Member Swim (no slide) *Swim Club/Lessons **Swim Team Practice- 6:45pm	4pm-7pm Fitness Swim/Member Swim (no slide)		

## Aquatic Water Classes (Instructor-led classes):

Arthritis Water Classes- Monday, Wednesday, and Friday at 8AM, 9AM, & 10AM

**Power Waves:** An intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength, and flexibility.

**Fitness Swim:** Lap swimming, water walking and water exercise for adult members

**Member Swim:** Open swim time for Y members, youth and adult. Youth under 12 must be accompanied by an adult.

**Family Time Swim:** All children must be accompanied by a parent or grandparent. **Parent/grandparent must stay in the pool area at all times while child is in the water.** Fountains will be in use unless water classes are going on.

\*Swim Lessons and Swim Club sessions will be offered throughout the year.

\*\*\*Dates and sessions subject to change