

AQUATICS SCHEDULE

UPDATED
1/1/2022

DAY	TIME	CLASS
MONDAY	5:30 a.m. 8:30 - 9:15 a.m. 10:00 - 11:00 a.m. 11:00 - 11:45 a.m. 4:00 - 5:00 p.m. 6:00 - 7:00 p.m. 8:30 p.m.	Pool Opens Water In Motion Volleyball (Limited Lap Lanes) Step It Up Flow School Age Care Swim Aqua Cardio Blast Pool Closes
TUESDAY	5:30 a.m. 8:30 - 9:15 a.m. 9:15 a.m. - 12:15 p.m. 12:30 - 1:30 p.m. 6:00 - 7:00 p.m. 8:30 p.m.	Pool Opens Mobility Plus Pre-school Swim Lessons Lessons (Pool Closed) Double Impact Pool Closes
WEDNESDAY	5:30 a.m. 8:30 - 9:15 a.m. 10:00 a.m. - 4:00 p.m. 6:00 - 7:00 p.m. 8:30 p.m.	Pool Opens Water In Motion Akiva Swim Lessons (Pool Closed) Aqua Challenge Pool Closes
THURSDAY	5:30 a.m. 8:30 - 9:15 a.m. 10:00 - 11:00 a.m. 11:00 - 11:45 a.m. 6:00 - 7:00 p.m. 8:30 p.m.	Pool Opens Mobility Plus Volleyball Aqua Dance Instructor's Choice Pool Closes
FRIDAY	5:30 a.m. 10:00 - 11:00 a.m. 11:00 - 11:45 a.m. 6:30 p.m.	Pool Opens Volleyball (Limited Lap Lanes) Instructor's Choice Pool Closes
SATURDAY	7:00 a.m. 8:30 - 9:30 a.m. 9:30 - 10:00 a.m. 10:00 - 10:30 a.m. 10:45 - 11:15 a.m. 11:15 - 11:45 a.m. 11:15 - 11:45 a.m. 4:30 p.m.	Pool Opens H2O Combo You and Me Baby (6-36 months) Learn to Swim Levels 1 & 2 Learn to Swim Levels 3 & 4 Learn to Swim Adults Water Women Pool Closes
SUNDAY	7:00 a.m. 4:30 p.m.	Pool Opens Pool Closes

J CLASS DESCRIPTIONS

AQUA CARDIO BLAST

This cardio class will get your heart pumping and strengthen all of your major muscles. Come work out in an inspiring, motivating group environment with fantastic music. This fun filled class will make you forget you are exercising!

AQUA CHALLENGE

This is a high energy, light aerobic water workout in the shallow end of the pool. A little bit of everything and a whole lot of fun! Some equipment may be used.

AQUA DANCE

Enjoy dance exercises in the water while moving and grooving to motivating music. A low-impact class focused on strength, toning, and balance. All fitness levels are welcome, so join the party!

DOUBLE IMPACT

A high energy class that takes place in either the shallow or deep end (depending on comfort level of participant), containing movements to suit different levels of immersion. Includes interval training and resistance utilizing equipment.

H2O COMBO

A deep and shallow combination class that will jumpstart your cardiovascular workout, wake up your muscles with strengthening exercises, and end with stretching for maximum flexibility and range of motion.

MOBILITY PLUS

This class is approved by the Arthritis Foundation. People who have arthritis, chronic orthopedic conditions, or those who are returning to exercise after injury will benefit greatly from this class. The concentration is on stimulating joint movements, improving range of motion, and increasing balance.

STEP IT UP FLOW

You will walk while incorporating exercises to build muscle, improve balance, and enhance flexibility. This class will also focus on improving strength, range of motion, balance, and endurance.

WATER IN MOTION

Condition your cardiovascular system in this lighter version of water aerobics. The routines are designed to be low impact yet stimulating. This is a Silver Sneakers® approved class.

NO SWIMMING ABILITY IS REQUIRED FOR AQUA X CLASSES.