

## AQUATICS SCHEDULE- Fall 2008 (Sept-Dec)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:00am						POOL CLOSED	POOL CLOSED
6:00-7:00am							
7:00-8:00am							
8:00-9:00am							
9:00-10:00am	8:30 <b>H2Optimum</b> Sarah	8:30 <b>Deep Water Dynamics</b> Sarah	8:30 <b>H2Optimum</b> Sarah	8:30 <b>Deep Water Dynamics</b> Sarah	8:30 <b>H2Optimum</b> Sarah	9:00 <b>Master Swim**</b>	
	9:30 <b>Hydro-stretch</b> Sarah	9:30 <b>Power Surge</b> Sarah	9:30 <b>Hydro-Stretch</b> Sarah	9:30 <b>Power Surge</b> Sarah	9:30 <b>Hydro-Stretch</b> Sarah		
10:00-11:00am						9:30 <b>Swim Lessons</b>	
11:00-12:00pm							
12:00-1:00pm							
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-5:00pm		4:00-6:00 <b>Swim Lessons</b>		4:00-6:00 <b>Swim Lessons</b>			
5:00-6:00pm	5:30 <b>Water Works</b> Janet			6:00 <b>Water Works</b> Jennifer			
6:00-7:00pm		6:00 <b>Master Swim**</b>		6:00 <b>Master Swim**</b>			
7:00-8:00pm							
8:00-9:00pm						POOL CLOSED	POOL CLOSED
9:00-10:00pm						POOL CLOSED	POOL CLOSED

Open swim permitted in restricted areas during Swim Lessons  
 \*\*MASTER SWIM PROGRAM IS A FEE BASED CLASS\*\*

Instructors Are Subject to Change

## CLASS DESCRIPTIONS

### **Hydro-stretch**



Using the multi-dimensional properties of the water, this class is designed to stretch, strengthen and promote total relaxation of the body and mind. Ideal for core strength, posture and balance needed for everyday activities.

### **Power Surge**



This class uses various equipment to enhance flexibility, strength, breathing and body awareness. Build a stronger core (abdominals and back). This class appeals to a wide spectrum of ages and fitness levels.

### **Deep Water Dynamics**



The ultimate no impact workout. All exercises will be done in deep water with flotation devices. Expect powerful moves and full range of motion to improve strength, cardiovascular fitness and flexibility. Appropriate for all levels.

### **H2Optimum**



A variety of moves will help get your heart rate up and your body toned down! This high intensity class will include choreographed cardiovascular exercises and muscle toning. Noodles, gloves, cuffs, water dumbbells, and Aqua Joggers may be utilized to prove to you that when you want a workout, the water works!

### **Water Works**



A high-energy class that utilizes power moves, interval training, plyometrics, and a variety of equipment. This class is designed for exercisers who want to challenge themselves to make waves!

## FEE BASED CLASSES

### **Master Swim**

Master swimming is for swimmers of all abilities who want to improve their overall fitness, develop better technique, or train for a swimming competition. If you want to get fit, become a better swimmer, stay motivated and meet new friends, then master swim is the place to be. \$5/month.

**Pool Temperature: Lap Pool: 78° - 82° F/Warm Water Pool: 84° - 88° F**

**Children under 14 must have an adult in the water. Children must be toilet trained or wear a swim diaper.**



All skill levels welcome



Gives an extra challenge



Be prepared to sweat