

March 2010 Aquatics Schedule

Healthy Back
 with Pauline Ivens
 3/29 & 3/31
 10:30-11:25 AM
 Sign Up TODAY!

Pool Hours

Mon-Fri - 5:00am-9:30pm
 Sat/Sun - 7:00am-7:30pm

Aquatics for All Ages

NOTE: Children under 16 are only allowed pool access when a Lifeguard is on duty.

	MON	TUE	WED	THURS	FRI	SAT	SUN
Family Swim Lifeguard on Duty	2:00-8:00pm	2:00-5:30pm 6:30-8:00pm	2:00-8:00pm	2:00-5:30pm 6:30-8:00pm	2:00-8:00pm	12:00-6:00pm	12:00-6:00pm
Swim Lessons (\$) (by appointment only)	10:30am-12:00pm 2:00-6:00pm	2:00-5:30pm	10:30am-12:00pm 2:00-6:00pm	2:00-5:30pm	2:00-6:00pm		12:00-4:00pm
Swim Team (\$)	4:30-5:30pm Grady		4:30-5:30pm Grady		4:30-5:30pm Grady		
School Groups	2:00-3:30pm	2:00-3:30pm	2:00-3:30pm	2:00-3:30pm	10:00am-12:00pm 2:00-3:30pm		
Baby Swim (\$)	10:00-10:30am Zan		10:00-10:30am Zan				

Adult Only Programs

	MON	TUE	WED	THURS	FRI	SAT	SUN
Lap Swim	5:00-8:50am	5:00-8:50am	5:00-8:50am	5:00-8:50am	5:00-8:50am	7:00-8:50am	7:00-9:00am
Adults Only Swim	12:00-2:00pm 8:00-9:30pm	12:00-2:00pm 8:00-9:30pm	12:00-2:00pm 8:00-9:30pm	12:00-2:00pm 8:00-9:30pm	12:00-2:00pm 8:00-9:30pm	10:00-12:00pm 6:00-7:30pm	9:00-12:00pm 6:00-7:30pm
Aqua Aerobics	9:00-10:00am Lucy	9:00-10:00am Zan 5:30-6:30pm Priscilla	9:00-10:00am Lucy	9:00-10:00am Zan 5:30-6:30pm Priscilla	9:00-10:00am Lucy	9:00-10:00am Priscilla	
Senior Swim (\$)		10:15-11:45am		10:15-11:45am			
Healthy Back (\$)	10:30-11:25am Pauline Ivens 3/29		10:30-11:25am Pauline Ivens 3/31				

Pool Class Descriptions:

Adult Only Swim Lessons: Other times available upon request.

Family Swim: Recreational time for families to enjoy the pool & spa. Lifeguards on duty.

Swim Lessons: Private, group and school group swim lessons offered. These classes take priority in the pool during this time.

Swim Team: (6-16 years old) A non-competitive swim team, which focuses on personal goals, social interaction and participating on a team. These classes take priority in the pool during this time.

Lap Swim: (Adults only) 2 persons per lane. All lanes available for lap swimming or water walking only. Lanes may not be available during class times.

Adult Swim: (Adult Quiet Time) Provides members the opportunity for personal water training (2 lanes provided), water walking, physical therapy and adult swim lessons. 2 persons per lane. Spa can be utilized by adults only.

Aqua Aerobics: (Adults Only) Low impact, high energy exercise focusing on cardiovascular endurance and resistance training. All fitness levels welcome. These classes take priority in the pool during this time. No Lap Swim available during Aqua Aerobics classes.

Senior Swim: This Aqua Aerobics class is a very low intensity Senior class. No Lap Swim.

Healthy Back w/Pauline: In the water, it's all core all the time! Perfect your posture. Work on your balance skills. Understand healthy movement for everyday activities.