

## Pool Events & Classes Jan. 2022 - March 2022 (effective Jan. 24)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
5:30-7am								5:30-7am				
7-8am			Water Ex 7:05-7:45am		Water Ex 7:05-7:45am			7-8am				
8-9am		Water Ex 8:15-8:55am		Water Ex 8:15-8:55am		Water Ex 8:15-9am		8-9am				
9-10am		Ai Chi 9:05-9:45am	Deep Water Ex 9:05-9:45am		Deep Water Ex 9:05-9:45am	Ai Chi 9:05-9:45am	Swim Lessons \$\$ 9am-12pm	9-10am				
10-11am		Joints In Motion 10:05-10:45am	Joints in Motion 10:05-10:45am	Joints In Motion 10:05-10:45am	Joints in Motion 10:05-10:45am	Aqua Yoga 10:05-10:45am		10-11am				
				Aqua Zumba 10:05-10:45am		Aqua Zumba 10:05-10:45am						
11-1pm			Water Ex 11:05-11:45am		Water Ex 11:05-11:45am				11-1pm			
12-1pm		Stretch & Tone 12:05-12:45pm	Stretch & Tone 12:05-12:45pm	Stretch & Tone 12:05-12:45pm	Stretch & Tone 12:05-12:45pm	Stretch & Tone 12:05-12:45pm		12-1pm				
1-2pm	Friends & Family 1-3:30pm	WE for Daily Living \$\$ 1:05-1:45pm	Ex for Everybody 1:05-1:45pm		WE for Daily Living \$\$ 1:05-1:45pm	Ryan Intermediate Swim Lessons 1-2pm & 2-3pm	Friends & Family 1-3:30pm	1-2pm				
2-3pm			MM 2-3pm & 3-4pm		Aqua Yoga 1:05-1:45pm			MM 2-3PM & 3-4PM	2-3pm			
3-4pm									3-4pm			
4-5pm		Swim Lessons \$\$ 4:30-7:20pm	Swim Lessons \$\$ 4:30-7:20pm	Swim Lessons \$\$ 4:30-7:20pm	Swim Lessons \$\$ 4:30-7:20pm	Swim Lessons \$\$ 4:30-7:20pm		4-5pm				
5-6pm												5-6pm
6-7pm												6-7pm
7-8pm												7-8pm
8-8:15pm												8-8:15pm
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
PM Adult Classes			Aqua Yoga 6:15-6:55pm		Stretch & Tone 6:15-6:55pm			PM Spine				
		Prenatal Ex \$\$ 6:30-7:15pm	Adult Int Swim \$\$ 6:50-7:40pm	Adult Beg Swim \$\$ 6:30-7:20pm	Adult Int Swim \$\$ 6:50-7:40pm							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					

Location/Activity Key	Warm Pool	Lap Pool	Spine Pool	Swim Lessons	Friends & Family Swim	\$\$ Registration Required \$\$
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The deep end of the warm water pool will be available for members to use during classes.  
A minimum of two lap lanes will remain available for reservations during lap pool classes.

**Adult Swim Beginner (\$)**- Learn to swim or improve on your basic water skills. Work with a swim coach to build confidence in and around the water. All participants must register and pay for this class.

**Adult Swim Intermediate (\$)** - Looking to improve your swimming skills and can already swim a length of the pool unassisted? Join this group training with a swim coach to learn how to be more efficient in the water and get more from your swimming workouts. This class meets 2 days per week. All participants must register and pay for this class.

**Ai Chi**- Slow repetitive movement in the warm water will help with balance and stretch the body and sooth the mind.

**Aqua Yoga**- Gentle stretches improve flexibility, balance and strength. No previous yoga experience necessary for this relaxing but energizing class.

**Aqua Zumba**- It's a party in the pool! Combining international dance music and movements with aqua fitness principles creates this safe and challenging workout.

**Deep Water Exercise** - If you need a cardiovascular workout with no impact, try exercising in the deep water. This self-paced, non-swimming routine adjusts to any fitness level.

**Exercise for Everybody** - The warm water pool provides an inviting environment for this medium paced aerobics class. Components of strength training, flexibility and balance work add variety to keep you coming back for more.

**Joints in Motion**- Enjoy the soothing warm water pool in this special class designed for individuals with joint disease. Short aerobic component helps you stay moving.

**Stretch & Tone**- Improve strength and flexibility in this fun class in the warm water. A short aerobic portion will get the body moving and ready for developing strength, balance and flexibility.

**Prenatal Water Exercise (\$)**- This class will reward you with incredible wellness benefits for you and your baby. Safe exercise, low-impact during pregnancy increases flexibility, improves recovery after childbirth, and improves emotional well-being. All participants must register and pay for this class.

**Water Exercise**- Get a complete workout without leaving the pool! A balance of cardio, strength, and stretching for all fitness levels.

**Water Exercise for Daily Living (\$)** - This class meets the fitness needs of adults with multiple sclerosis, Parkinson's disease and other related conditions. Our 82° pool is equipped with stairs and a hydro-lift chair for easy access. Participants must be self-sufficient in the water. If you need assistance in water, you must bring support personnel with you to class. All participants must register and pay for this class.

