

**Cox Health Fitness Center
The Meyer Center**

Warm Water Pool

July 12 - September 5th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.	Adult Open Swim 6—2 pm	Adult Open Swim 5—9 am	Adult Open Swim 5—11 am	Adult Open Swim 5—9am	Adult Open Swim 5—11 am	*Joints in Motion (45 min.)	*Level 1 Swim Lesson
9:00 a.m.	↓	REHAB	↓	REHAB	↓	REHAB	*8:45a.m. Level 2 Swim Lessons
10:00 a.m.	↓		↓		↓		*Level 2 Swim Lesson
10:45 a.m.	↓		↓		↓		*Water Babies
11:00 a.m.	↓		REHAB		REHAB		
11:30 a.m.	↓						*Water Tots
12:15 p.m.	↓						*Level 1 Swim Lesson
2:00 p.m.	Family Swim	↓				↓	Family Swim
4:00 p.m.	↓	*Joints in Motion (45 min.)	↓	*3:45 p.m. Aqua Pilates	↓	Adult Open Swim	
5:00 p.m.	↓	Adult Open Swim	Unavailable until 5:15 p.m.	*4:45pm Level 2 Swim Lesson	Unavailable until 5:15 p.m.	Adult Open Swim	
5:30 p.m.	↓	↓	Adult Open Swim	*Level 1 Swim Lesson	Adult Open Swim	Adult Open Swim	↓
6:15 p.m.	Family Swim—6:30	↓		*Water Babies	↓	NEW *Intrmed. Water Tots	Family Swim until 6:30
6:30 p.m.	Pool Closed	Family Swim 6:30-8:30 pm	↓		*Prenatal Water Aerobics	Family Swim 6:30-8:30pm	Pool Closed
7:00 p.m.		↓	Adult Open Swim until 10:30pm	*Water Tots	*Water Tots	↓	

- All registered and paid classes end September 5th.
- All free classes are on-going and will reset with the start of a new class session.

*All paid classes require registration and are offered to CFC members and non-members. Each class has a minimum requirement of eight participants, with the exception of swim lessons.

***Aqua Pilates** (1 hour)— This class is based on land Pilates exercises and muscle strengthening designed for the pool.

***Prenatal Water Aerobics** (1 hour) – Class designed especially for expectant mothers. Includes cardiovascular endurance with basic toning and stretching. Safe for you and your baby! A physician's consent is required before participating in this program. 1/2 in lap pool, 1/2 in warm water pool.

***Joints in Motion** (45 minutes) - This is a slow moving class that will help you with flexibility, balance, and joint range of

Water Babies (30 minutes) – Swimming lessons for children ages 6–18 months. Introduces familiarity in the water and interaction with other children. **One parent must accompany the child in the water.

Water Tots (30 minutes) **One parent must accompany the child in the water.– Swimming lessons for children ages 19 months-3 years. Focuses on independence in the water, basic swimming skills and pool safety.

Intermediate Water Tots (30 minutes) - For children and parents who have taken our Water Tots class and are ready to learn the next steps. Children must be 3 years old, have already taken Water Tots three times, or have instructor permission.

Level 1 Swim Lessons (30 minutes) – Introduces independence in the water, buoyancy, breathing and motion. Educates children on water safety and pool rules.

Level 2 Swim Lessons (30 minutes) – Helps children develop basic stroke, buoyancy and lifesaving skills.

Private Swim Lessons (30 minutes)

Designed for those who want individual attention or for families with busy schedules. Goals will be established for each individual. Available to members and non-members, ages 18 months up to adults. **Appointments will be held at any time and even during Adult Open Swim, in either both the lap pool or warm water pool.** Please check with the front desk or contact our Aquatics Coordinator at 269-5384 for rates and appointment times.

Adult Open Swim – Any member of the facility 12 years of age and older may use the pool for general exercise.

Lifeguard is not on duty. **Children can be allowed in any pool, ages 18 mo. and up, for private swim lessons only.**

Family Swim – All families are welcome to use the pool. Children under the age of 12 must be directly supervised by parent. A lifeguard is on duty, but parents with children under 7 years of age must be *in* the pool providing close supervision with the children at all times.

