

# Lap Pool Aquatic Schedule

March 8th—May 2nd

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.	7am Lap Swim	<b>*6:00 a.m. Beg. Triathlon Swim</b> Aquacise <b>NEW!</b>	Sculpt & Splash <b>NEW!</b>	Aquacise	Sculpt & Splash <b>NEW!</b>	Aquacise	Adult Open Swim
9:00 a.m.	Adult Open swim Ages 12 & Up	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Adult Open Swim
10:00 a.m.	Adult Open swim	Deep Water Workout	**AFAP	Deep Water Workout	**AFAP	Deep Water	
11:00 a.m.	Adult Open Swim	Adult Open Swim	Lifetime Splash (45 min.)	Adult Open Swim	Aquagrooves	Adult Open Swim	Adult Open Swim
12:00 p.m.	Adult Open Swim	<b>NEW!</b> Mid-Day Water Workout 45 min.	Adult Open Swim	<b>NEW!</b> Mid-Day Water Workout 45 min.	Adult Open Swim	Adult Open Swim	Adult Open Swim
12:15 p.m.		Continued...		Continued...			
1:00 p.m.	Adult Open Swim	Adult Open Swim (3 hours)	Adult Open Swim (3 hours)	Adult Open Swim (3 hours)	Adult Open Swim (3 hours)	Adult Open Swim	Adult Open Swim
2:00 p.m.	Family Swim			Adult Open Swim	Adult Open Swim	Adult Open Swim	Family Swim
4:30p.m.	Family Swim	<b>NEW!</b> Aqua Kickboxing	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Family Swim
5:00 p.m.	Family Swim	Continued...	Power Aquacise	Aqua Running (30 min.)	Power Aquacise	Adult Open Swim	Family Swim
5:30 p.m.	Family Swim	H2O Jump (30 min.)	Power Aquacise continued	<b>NEW!</b> Aqua Boot Camp	Power Aquacise continued	<b>NEW!</b> *Level 3 Swim Lessons	Family Swim
6:00 p.m.	Family Swim	Aqua Ab Blast (15 min.)	<b>NEW!</b> Aquagrooves Express (30 min.)	Continued...	<b>NEW!</b> *Prenatal Water Aerobics	<b>NEW!</b> *6:15 - Level 4 Swim Lessons	Family Swim
6:30 p.m.	Pool Closed	Family Swim	<b>NEW!</b> *Adult Swim Lessons	Family Swim	Adult Open Swim	Family Swim	Pool Closed
7:00 p.m.		Family Swim	Adult Open Swim	Family Swim	Adult Open Swim	Family Swim	
7:30 p.m.		Family Swim	Adult Open Swim (2 1/2 hours)	Family Swim	Adult Open Swim (2 1/2 hours)	Family Swim	

**Lap Swim:** 5—8 a.m. & 1—3 p.m. Monday through Friday. 6—9 a.m. on Saturday and Sunday. **At least two lanes are available at all times for lap swim.**

All classes are offered for one hour unless otherwise denoted. Classes and instructors are subject to change at any time.

**\*All paid classes** require registration and are offered to CFC members and non-members. \* Requires additional Fees. All our classes are offered once/week. Classes that are offered once a week are \$25.00 for CFC members and \$65.00 for non-members. Each class has a minimum requirement of eight participants.

\*\* These classes need registration. All classes are taught to varying levels of fitness. The instructor will demonstrate modifications to the exercise to increase/decrease the work. POOL CLOSING ONE HALF HOUR BEFORE FACILITY CLOSING.

### Low Intensity

**AFAP** (45 minutes) – Class is designed for those with arthritis, fibromyalgia, or other joint and muscle conditions. Exercises are specific for improving range of motion, muscular strength and endurance.

**\*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.

**Lifetime Splash** (45 min) - Shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and a kickboard is used to develop strength, balance and coordination.

### Medium Intensity

**Aquacise** (1 hour) – A total body workout that incorporates cardiovascular endurance, toning and flexibility.

**Aqua Boot Camp** - If you like traditional land boot camp exercises, try this class that brings it to water!

**Aqua Running** (30 min) - 30 minutes of running interval workouts in the water. Great for off-season running or for the injured athlete.

Appropriate for all levels of fitness.

**Aquagrooves** - Upbeat Latin dance music and moves all in the water! This one hour class is welcome to all fitness levels.

**Deep Water Workout** (1 hour) – A full-body workout that utilizes flotation devices to help minimize impact on the ground while increasing your work intensity against water and improving core balance and cardiovascular health.

**Aqua Ab Blast** (15 minutes) – Abdominal workout in the water.

**Mid-Day Water Workout** (45 minutes)—Incorporates effective toning exercises with added resistance by use of water barbells and noodles to firm and strengthen all parts of the body.

**Mid-Day Water Workout** (45-min) - Shallow end pool workout complete with warm-up, cardio, weights, and special work on balance and flexibility.

**Sculpt & Splash** - Medium to high impact water aerobics that use cardio and weights to create a high metabolism boost.

### High Intensity

**Aqua Kickboxing** - A challenging full body workout that incorporates kickboxing moves, cardio and strength exercises.

**Power Aquacise** (1 hour) - Energizing cardiovascular exercises. This class focuses mainly on cardiovascular fitness and endurance with body toning by using water barbells for added water resistance.

**\*Beginning Triathlon Swim** - Each class will focus on a different aspect of Triathlon training. This is a paid class. See the front desk for registration and information.

**H2O Jump** (30 minutes) – A high intensity class that uses plyometrics, including jumping and bursts of energy to build strength, speed, agility and cardiovascular fitness.

### Swim Lessons

\*require registration and payment

**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.

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

**Level 2** (30 minutes in warm water) Helps children develop basic stroke, buoyancy and lifesaving skills.

**Level 3** (30 minutes) Helps refine basic strokes and introduces advanced strokes.

**Level 4** (30 minutes) This class provides children with the skills to refine previously learned strokes and introduce competitive stroke and swimming for fitness.

**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. Please check with the front desk or call 269-3282 for rates and appointment times.

**Adult Open swim**– Ages 12 & up may swim. No classes in session at this time.

**Family swim**– Parents may bring in their children to swim during these designated times. Children 7 yrs. and under must be accompanied by parent/grandparent (in the water) for family swim times.

Call Member Services at 269-3282 for more information on these classes.

