

Lap Pool Aquatic Schedule

January 4th—February 28th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.	7am Lap Swim	*6:00 a.m. Beg. Triathlon Swim Aquacise NEW!	Sculpt & Splash NEW!	Aquacise	Sculpt & Splash NEW!	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	NEW! Mid-Day Water Workout 45 min.	Adult Open Swim	NEW! Mid-Day Water Workout 45 min.	Adult Open Swim		
12:15 p.m.		Continued...		Continued...			
1:00 p.m.	Adult Open Swim	Adult Open Swim (3 hours)	Adult Open Swim	Adult Open Swim (3 hours)	Adult Open Swim	Adult Open Swim (3 hours)	Adult Open Swim
2:00 p.m.	Family Swim			Adult Open Swim	Adult Open Swim		Family Swim
4:30p.m.	Family Swim	NEW! Aqua Kickboxing	Adult Open Swim	Adult Open Swim	Adult Open Swim	NEW! *4:45 Level 3 Swim Lessons	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	NEW! Aqua Boot Camp	Power Aquacise continued	NEW! *Level 4 Swim Lessons	Family Swim
6:00 p.m.	Family Swim	Aqua Ab Blast (15 min.)	NEW! Aquagrooves Express (30 min.)	Continued...	NEW! *Prenatal Water Aerobics	Adult Open Swim	Family Swim
6:30 p.m.	Pool Closed	Family Swim	NEW! *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 CLOSES ONE HALF HOUR BEFORE FACILITY CLOSSES.

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.

Silver 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 - A hard driving class that combines traditional land boot camp workouts in the water. Be prepared to move!

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.

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.

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.

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

