Group Exercise ScheduleWater Classes

*Please note that lap lanes are open for lap swimming at all times.

Monday

5:30 - 8:00 am	Open Swim
8:00 - 8:45 am	Hydra Tone
9:00 - 9:45 am	Aqua Interval
10:00 - 10:45 am	Arthritis
11:00 - 8:45 pm	Open Swim

Tuesday

5:30 - 9:00 am	Open Swim
9:00 - 9:45 am	Water Circuits
10:00 - 10:45 am	Arthritis
11:00 - 5:30 pm	Open Swim
5:30 - 6:15 pm	Aqua Interval
6:30 - 8:45 pm	Open Swim

Wednesday

5:30 - 8:00 am	Open Swim
8:00 - 8:45 am	Hydra Tone
9:00 - 9:45 am	Water Circuits
10:00 - 10:45 am	Arthritis
11:00 - 8:45 pm	Open Swim

Thursday

Open Swim
Water Circuits
Arthritis
Open Swim
Water Circuits
Open Swim

Friday

5:30 - 8:00 am	Open Swim
8:00 - 8:45 am	Hydra Tone
9:00 - 9:45 am	Aqua Interval
10:00 - 10:45 am	Arthritis
11:00 - 7:45 pm	Open Swim

Saturday

7:00 - 9:00 am	Open Swim
9:00 - 9:45 am	Water Circuits
10:00 - 5:45 pm	Open Swim

Sunday

12:00 - 5:45 pm **Open Swim**

*Please note that lap lanes are open for lap swimming at all times.







Class Descriptions

Aqua Interval (All Levels): This class alternates aerobic cycles working at various intensity levels. A great cardio workout.

Hydra Tone (All Levels): This non-impact class is designed to totally tone, firm & strengthen your entire body.

Water Circuits (All Levels): Cardio & sculpt combined into one intense water class. It is designed to challenge your endurance & cardio level as well as toning.

<u>Arthritis:</u> A class designed to meet the needs of individuals with Arthritis & other joint disorders. Special exercises & warm water help you to focus on & increase range of motion as well as flexibility.

*Please note that lap lanes are open for lap swimming at all times.

Swim Lessons

Group Sessions: 45 minute sessions

Members:	\$40
Community:	\$50

Private Lessons: 30 minute lessons

	Members	Community
1 Lesson	\$20	\$ 30
3 Lessons	\$50	\$ 60
6 Lessons	\$90	\$100

Daycare Hours

Available for members by appointment only.

 $\begin{array}{ccc} Monday-Thursday & 8:00 \text{ am} - 12:00 \text{ pm} \\ & 4:00 \text{ pm} - 8:00 \text{ pm} \\ Friday & 8:00 \text{ am} - 12:00 \text{ pm} \\ Saturday & 8:00 \text{ am} - 12:00 \text{ pm} \end{array}$

Additional fees apply