



Fall Aquatics Center Schedule - Aqua Fitness

November 2nd – December 5th, 2020

Reservations for lap swim and water aerobics are highly encouraged to secure a spot.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shallow Tone: 8:00am-9:00am (Inst. Pool)	Shallow Tone: 8:00am-9:00am (Inst. Pool)	Shallow Tone: 8:00am-9:00am (Inst. Pool)	Shallow Tone: 8:00am-9:00am (Inst. Pool)	Shallow Tone: 8:00am-9:00am (Inst. Pool)	Shallow Tone: 8:00am-9:00am (Inst. Pool)
	Deep H2O Dynamics: 11:00am-12:00pm (Comp. Pool)	Deep H2O Dynamics: 11:00am-12:00pm (Comp. Pool)	Deep H2O Dynamics: 11:00am-12:00pm (Comp. Pool)	Deep H2O Dynamics: 11:00am-12:00pm (Comp. Pool)	Deep H2O Dynamics: 11:00am-12:00pm (Comp. Pool)	
	Shallow Tone: 12:00pm-1:00pm (Inst. Pool)	Shallow Tone: 12:00pm-1:00pm (Inst. Pool)	Shallow Tone: 12:00pm-1:00pm (Inst. Pool)	Shallow Tone: 12:00pm-1:00pm (Inst. Pool)	Shallow Tone: 12:00pm-1:00pm (Inst. Pool)	
	Shallow Tone: 1:00pm-2:00pm (Inst. Pool)		Shallow Tone: 1:00pm-2:00pm (Inst. Pool)		Shallow Tone: 1:00pm-2:00pm (Inst. Pool)	
			Deep H2O Dynamics: 1:00pm-2:00pm (Comp. Pool)			
	Shallow Tone: 6:00pm-7:00pm (Inst. Pool)	Shallow Tone: 6:00pm-7:00pm (Inst. Pool)	Shallow Tone: 6:00pm-7:00pm (Inst. Pool)	Shallow Tone: 6:00pm-7:00pm (Inst. Pool)		



Fall Aquatics Center Schedule - Lap Swim

November 2nd – December 5th, 2020

Reservations for lap swim and water aerobics are highly encouraged to secure a spot.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lap Swim: 7:00am-12:00pm</p> <p>Comp Pool (17 lap lanes)</p> <p>Instructional Pool (6 lap lanes)</p>	<p>Lap Swim: 5:00am-9:00pm</p> <p>Comp Pool (17 lap lanes 5am-11am) (14 lap lanes 11am-12pm) (17 lap lanes 12pm-2pm) (5 lap lanes 4:15pm-5pm) (5 lap lanes 5pm-6pm) (5 lap lanes 6pm-7pm) (17 lap lanes 7pm-9pm)</p> <p>Instructional Pool (6 lap lanes) 5am-8am 9am-12pm 2pm-3pm 7pm-9pm</p>	<p>Lap Swim: 5:00am-9:00pm</p> <p>Comp Pool (17 lap lanes 5am-11am) (14 lap lanes 11am-12pm) (17 lap lanes 12pm-2pm) (5 lap lanes 4:15pm-5pm) (5 lap lanes 5pm-6pm) (5 lap lanes 6pm-7pm) (17 lap lanes 7pm-9pm)</p> <p>Instructional Pool (6 lap lanes) 5am-8am 9am-12pm 1pm-3pm 7pm-9pm</p>	<p>Lap Swim: 5:00am-9:00pm</p> <p>Comp Pool (17 lap lanes 5am-11am) (12 lap lanes 11am-12pm) (17 lap lanes 12pm-1pm) (12 lap lanes 1pm-3pm) (17 lap lanes 3pm-9pm)</p> <p>Instructional Pool (6 lap lanes) 5am-8am 9am-12pm 2pm-6pm 7pm-9pm</p>	<p>Lap Swim: 5:00am-9:00pm</p> <p>Comp Pool (17 lap lanes 5am-11am) (14 lap lanes 11am-12pm) (17 lap lanes 12pm-2pm) (5 lap lanes 4:15pm-5pm) (5 lap lanes 5pm-6pm) (5 lap lanes 6pm-7pm) (17 lap lanes 7pm-9pm)</p> <p>Instructional Pool (6 lap lanes) 5am-8am 9am-12pm 1pm-3pm 7pm-9pm</p>	<p>Lap Swim: 5:00am-9:00pm</p> <p>Comp Pool (17 lap lanes 5am-11am) (14 lap lanes 11am-12pm) (17 lap lanes 12pm-2pm) (5 lap lanes 4:15pm-5pm) (5 lap lanes 5pm-6pm) (5 lap lanes 6pm-7pm) (17 lap lanes 7-9pm)</p> <p>Instructional Pool (6 lap lanes) 5am-8am 9am-12pm 2pm-3pm 6pm-9pm</p>	<p>Lap Swim: 7:00am-12:00pm</p> <p>Comp Pool (17 lap lanes 7-9am) (14 lap lanes 9-12pm)</p> <p>7:00am-8:00am Instructional Pool (6 lap lanes)</p>

Pool Program Descriptions:

The Aquatics Center Competition Pool has a maximum of 17, 25-yard lanes, available for member use.

Shallow Tone – This shallow water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or shoes are recommended.

Deep H2O Dynamics – This class is designed for the more proficient swimmers and is taught in 7ft. of water. With the assistance of cuffs and hand buoys, this class will increase flexibility, strength, cardiovascular endurance, balance, and motor coordination in a non-impact environment.

NOTE: Lap swim and Aqua Fitness classes are for participants age 12 and up. Youth under the age of 12 may participate in programs if accompanied by a parent or legal guardian in the water.