

JANUARY 5 - FEBRUARY 15

MLK 1/19: Open Swim 12:00pm-8:00pm

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|---|
| Lap Swim & River Walking Only 6:30am-9:00am | Lap Swim & River Walking Only 7:00am-10:00am | Lap Swim & River Walking Only 8:00am-9:00am |
| Lap Swim Only 9:00am-10:00am | | |
| Deep Water Aerobics Only 10:00am-11:00am Leisure Pool Closed | | One Lap Lane Only: Swim Lessons in Session 9:00am-12:00pm |
| Open Swim: Modified 11:00am-12:00pm | Open Swim: Modified 10:00am-12:00pm | |
| Aquatics Center Closed 12:00pm-4:00pm | | |
| Open Swim: Modified 4:00pm-8:00pm | Open Swim: All Features Open 12:00pm-6:00pm | Open Swim: All Features Open 12:00pm-5:00pm |

AQUATICS PROGRAMS

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|---|--|---|---|---|--|------------------------------------|
| Water Aerobics w/ Zach 9:00am-9:55am | H2O MAX w/ Debbie 9:00am-9:55am | Aqua Fitness w/ Beth 9:00am-9:55am | Water Aerobics w/ Janeen 9:00am-9:55am | Aqua Fitness w/ Beth 9:00am-9:55am | | Aqua Fitness w/ Fana 9:00am-9:55am |
| Deep Water Aerobics w/ Zach 10:00am-10:55am | Aquatic HIIT MIX w/ Debbie 10:00am-10:55am | Deep Aqua Fitness w/ Beth 10:00am-10:55am | Deep Water Aerobics w/ Janeen 10:00am-10:55am | Deep Aqua Fitness w/ Beth 10:00am-10:55am | | |

Aqua Fitness/Deep Aqua Fitness: With the right water equipment and instruction, you can take advantage of a variety of exercises to help increase endurance, build muscle, burn calories, and lose weight, in an enjoyable atmosphere with music. For all fitness levels. Bring water! *Deep Aqua Fitness participants must be comfortable in 8.3 ft deep water, with a floatation device.

Aquatic HIIT MIX – Welcome to the world of aquatic high-intensity interval training. Just like a land class, you alternate fast gusts of energy with slower, longer intervals. MIX in some deep water stretching. Participants will use a floatation belt for safety and posture.

Deep Pool - Includes: Rock Climbing Wall & Zip Line. Depth of 8 feet, 2 inches.

Deep Water Aerobics – Is an enjoyable way to slim down and shape up! Spend 20 minutes of aerobics using natural resistance of water to improve cardiovascular fitness followed by 20 minutes of intense weight training and 10 minutes of abs/core body workout.

You do not need to know how to swim but must be comfortable in 8.3ft deep water. Participants will use a floatation belt for safety and posture.

H2O MAX – Cardio, strength training, core& more! You get it all done in the safe environment of the pool and have fun doing it. There is a lot of variety in this class for all fitness levels. Bring a water bottle!

Leisure Pool - Includes: Lap Lanes, Lazy River, Zero Depth Entry & Water Slide. Depth of 3.5 feet.

Modified Open Swim – Modified Open sessions are the best times for parents with small children and seniors to enjoy our Leisure Pool. Depending on current scheduled programming, certain features may not be open during a modified open swim.

Open Swim – Features are available for use. Occasionally, classes or training may be conducted during open swim.

Water Aerobics – Your body will love this fat-burning, all-inclusive workout to the tune of motivating music, using a variety of equipment. This class will combine aerobic conditioning, strength training, endurance, and flexibility. You do not need to know how to swim, but you should be comfortable in the water.

Water Dance - Is an instructor-led high-energy workout utilizing the natural resistance of water while moving to the beat. This class involves 45-50 minutes of intense cardio burn using dance inspired moves. Swimming is not a required skill. Participants must be comfortable in water.

