



FARMINGTON HILLS COMMUNITY CENTER

**AQUATICS SCHEDULE | SUBJECT TO CHANGE**

**JANUARY 6 - FEBRUARY 16**

**MLK Day 1/20: Open Swim w/ All-Features Open from 12:00 PM - 4:00 PM**

**Regular Schedule 7:00 AM - 12:00 PM & 4:00 PM - 8:00 PM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim & River Walking Only 7:00am-9:00am	Lap Swim & River Walking Only 7:00am-9:00am	Lap Swim & River Walking Only 7:00am-9:00am	Lap Swim & River Walking Only 7:00am-9:00am	Lap Swim & River Walking Only 7:00am-9:00am	Lap Swim & River Walking Only 7:00am-10:00am	Lap Swim & River Walking Only 8:00am-10:00am
Lap Swim Only 9:00am-10:00am	Lap Swim Only 9:00am-10:00am	Lap Swim Only 9:00am-10:00am	Lap Swim Only 9:00am-10:00am	Lap Swim Only 9:00am-10:00am		
Deep Water Aerobics Only 10:00am-11:00am <i>Leisure Pool Closed</i>	Deep Water Aerobics Only 10:00am-11:00am <i>Leisure Pool Closed</i>	Deep Water Aerobics Only 10:00am-11:00am <i>Leisure Pool Closed</i>	Deep Water Aerobics Only 10:00am-11:00am <i>Leisure Pool Closed</i>	Deep Water Aerobics Only 10:00am-11:00am <i>Leisure Pool Closed</i>	Open Swim: Modified 10:00am-12:00pm	Open Swim: Modified 10:00am-12:00pm
Open Swim: Modified 11:00am-12:00pm	Open Swim: Modified 11:00am-12:00pm	Open Swim: Modified 11:00am-12:00pm	Open Swim: Modified 11:00am-12:00pm	Open Swim: Modified 11:00am-12:00pm		
Aquatics Center Closed 12:00pm-4:00pm	Aquatics Center Closed 12:00pm-4:00pm	Aquatics Center Closed 12:00pm-4:00pm	Aquatics Center Closed 12:00pm-4:00pm	Aquatics Center Closed 12:00pm-4:00pm	Open Swim: All Features Open 12:00pm-6:00pm	Open Swim: All Features Open 12:00pm-5:00pm
Open Swim: Modified 4:00pm-8:00pm	Open Swim: Modified 4:00pm-8:00pm	Open Swim: Modified 4:00pm-8:00pm	Open Swim: Modified 4:00pm-8:00pm	Open Swim: Modified 4:00pm-8:00pm		

**AQUATICS PROGRAMS**

Water Dance w/ Fana 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		
Deep Water Aerobics w/ Fana 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		

## PROGRAM DESCRIPTIONS

**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.