

AQUATIC CLASS SCHEDULE

Effective: **MONDAY, OCTOBER 1, 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:30AM Aqua Fitness KATHRYN	9:30-10:30AM Aqua Fitness JAN	9:30 - 10:30AM Dance Fitness Pool Party! NIKKI	9:30-10:30 AM Aqua Fitness JAN	9:30 - 10:30AM Aqua Fitness KATHY	9:30 - 10:30AM Aqua Fitness Sue
	10:30 - 11:00AM Arthritis/Walking JAN		10:30 - 11:00AM Arthritis/Walking JAN		
					12:00-3:00 PM Possible pool parties see ☺
				6:00 - 9:00PM POSSIBLE POOL PARTIES	
	6:30 - 7:30PM AQUA FITNESS DEB		6:30 - 7:30PM AQUA FITNESS DEB		

☺ Children's pool parties may be scheduled on Friday evenings, Saturdays and/or Sundays (swim time 1 hour). Look for signs at The Front Desk or see Bulletin Board in pool area for scheduled dates & times.

*** If there are 5 or more participants in the scheduled class, then please refrain from lap swimming. If less than 8 participants are in class the instructor may wish to use lap lane for a portion of class, if this occurs you may be asked to swim on the shallow side.**

AQUA CLASS DESCRIPTIONS

Aqua Fitness - This energetic aqua class offers a little bit of everything. Class will include a warm-up, cardio (aerobic) conditioning, upper body toning, abdominal exercises and stretching. A variety of equipment may be used during the workout.

Arthritis/ Water Walking - This 30 minute class alternates between water walking and exercises recommended by The Arthritis Association. Traveling patterns include walking forward, backwards and sideways for a gentle full body workout.

"Dance Fitness Pool Party" - This class is designed for all fitness levels easy to follow choreography with energetic chart topping music to motivate you to move! Lots of variety, LOVE TO DANCE! Give this class a try!

Lap swimming for fitness - If you chose to incorporate lap swimming into your fitness routine then you may want to learn about the size of our pool. The Sports Club pool is 48 feet or 16 yards long. So one would have to swim 110 lengths or 55 laps to cover the distance of one mile. If you prefer to measure your training in meters then our pool is approx. 14 ½ meters long. You will have to swim 68 lengths or 34 laps to cover the distance of 1 kilometer.

Roped off deep side of the pool is for lap swimming ONLY!
The shallow side of the pool is for water walking and exercise.