

AQUATIC CLASS SCHEDULE

Effective: **MONDAY JUNE 21, 2010**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|
| | | | | | |
| 9:30 -10:30 AM Aqua Fitness NICKY | 9:30-10:30 AM Aqua Fitness SUE | 9:30-10:30 AM Aqua Fitness KATHY | 9:30-10:30 AM Aqua Fitness BRIDGET | 9:30-10:30 AM Aqua Fitness KATHY | CLASS WILL RETURN IN THE FALL |
| 10:30 - 11:00AM TAI CHI NICKY | 10:30 - 11:15AM Arthritis/Walking SUE | | 10:30 - 11:15AM Arthritis/Walking BRIDGET | | |
| | | 11:00-11:45 AM Aqua Playgroup 6mos - 5 years | | | 12:00-3:00 PM Possible pool parties see ☺ |
| | | | | | |
| | | | | 6:00 - 9:00pm POSSIBLE POOL PARTIES | |
| 6:30 -7:30 PM AQUA FITNESS LIZ | 6:30 - 7:15PM Aqua Arthritis MARIA | 6:30 - 7:30PM AQUA FITNESS DOROTHY | 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 exciting 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.

Aqua Fitness & Stretch - Beginner Aqua class that incorporates a cardio segment together with a longer stretch and cool down period.

Arthritis/ Water Walking - This 45 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.

Aqua Playgroup - 45 minute open swim time for children ages 6 months to 5 years and their parents, grandparents, care givers etc!!

Adults must accompany child in pool at all times. Free for members- \$10.00 for guest/ non-members.

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.