



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL/WATER FITNESS SCHEDULE

MASKS ARE REQUIRED WHEN NOT IN THE POOL

- Only 25 people may be in the pool at a given time
- Social Distancing is Required
- 1 Swimmer Per Lap Lane

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30 AM Deep Water Aerobics/Bootcamp Kim S.	Deep Water Toning 6:00-6:45 AM Kim S.	5:45-6:30 AM Deep Water Aerobics/Bootcamp Kim S.	Deep Water Toning 6:00-6:45 AM Kim S.	5:45-6:30 AM Deep Water Aerobics/Bootcamp Kim S.	8:00 – 2:30 Open Swim	Closed
6:30-7:15 AM Water Mobility Kim S.	Open Swim	6:30-7:15 AM Water Mobility Kim S.	Open Swim	6:30-7:15 AM Water Mobility Kim S.		
Water Mobility 8:00-8:45 AM Sulion		Water Mobility 8:00-8:45 AM Sulion		Water Mobility 8:00-8:45 AM Sulion		
Open Swim						
9:00-9:55 AM Aqua Cardio Joy	9:00-9:55 AM Aqua Cardio Joy	9:00-9:55 AM Aqua Cardio Joy	9:00-9:55 AM Aqua Cardio Joy	Open Swim		
Open Swim	10:00-11:00 Stretch & Tone Joy	Open Swim	10:00-11:00 Stretch & Tone Joy			
Open Swim 11:00-Noon						
Closed 12:00 PM – 3:00 PM						
Open Swim 3:00 – 8:00 PM				Open Swim 3:00 – 6:00 PM		



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Class Descriptions:

Aqua Cardio: A high-intensity tabata-style workout consisting of 20 seconds of various exercises followed by 10 seconds of rest. Infuses Pilates-based exercises to strengthen the upper body, lower body, and abdominals.

Deep Water Aerobics/ Bootcamp: Water exercise in the deep end of the pool that gives you a great cardio and strength workout using the resistance and non-impact benefits of the water. Flotation belts are provided to add comfort and security to swimmers and non-swimmers.

Deep Water Toning: Water exercise in the deep end of the pool that gives you a great cardio and strength workout using the resistance and non-impact benefits of the water. Flotation belts are provided to add comfort and security to swimmers and non-swimmers.

Stretch & Tone: A class designed to strengthen, stretch, and tone the whole body, making the muscles longer and leaner, as well as improving flexibility and balance.

Water Mobility: A low impact water workout for all levels that includes cardio, muscle strengthening, and balance exercises using a variety of buoyancy equipment.