

JULY 2021 Activity Pool Schedule (84 Degrees)

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
8:00 - 9:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30 - 10:25	1/2 Open / 1/2 Lap	1/2 Open / 1/2 Lap	1/2 Open / 1/2 Lap	1/2 Open / 1/2 Lap	1/2 Open / 1/2 Lap
10:30 - 11:25	Hydro Fit Noodle Workout	SilverSneakers Splash	Hydro Fit Noodle Workout	SilverSneakers Splash	Hydro Fit Noodle Workout
11:30 - 12:25	SilverSneakers Splash	Silver & Fit Aqua Zumba (Ends at 12:15)	SilverSneakers Splash	Silver & Fit Aqua Zumba (Ends at 12:15)	SilverSneakers Splash
12:30 - 3:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00 - 6:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

JULY 2021 Therapy Pool Schedule (90 degrees)

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
8:00 - 8:55	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
9:00 - 9:55	Joints in Motion	Open Swim	Joints in Motion	Open Swim	Joints in Motion
10:00 - 10:55	Water Aerobics	Open Swim	Water Aerobics	Open Swim	Water Aerobics
11:00 - 6:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim

Registration will be required for all classes starting in July.

Additional classes will be added throughout the summer.

Please let us know what classes you would like to see on the calendar.

Cost Info: Silver Sneakers classes are free to Silver Sneakers members. Zumba classes are free to Silver & Fit members. Renew Active Members can take Silver Sneakers and Silver & Fit Classes for free. All other members must pay to join these classes. See reverse side for more information.

Class Descriptions

AP=Activity Pool TP=Therapy Pool

<u>Hydro Fit Noodle Workout</u>	MWF: 10:30 - 11:25	\$25/month	(AP)
Instructor:	Joetta Shork		
A medium to heavy pool workout designed to improve over all body toning and flexibility as well as cardio conditioning. This noodle class is creative and fun for all ability levels.			
<u>Joints In Motion</u>	MWF: 9:00-9:55	\$25/month	(TP)
Instructor:	Joetta Shork		
Exercise to enhance flexibility, balance, posture, range of motion, coordination, as well as increase circulation.			
<u>SilverSneakers Splash</u>	MWF: 11:30 - 12:25, \$25/month	T/TH: 10:30-11:25, \$20/month	(AP)
Instructors:	MWF: Vicki Bridges/Marty Milburn	T/Th: Joneen Copeland	
This class offers shallow water movements that improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and a special kickboard can be used to develop strength, balance, and coordination.			
<u>Silver & Fit Aqua Zumba®</u>	T/TH: 11:30-12:15	\$25/month	(AP)
Instructor:	Cirilo Mendoza		
Integrating the Zumba® formula and philosophy with traditional water fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout. This 45 minute class is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.			
<u>Water Aerobics</u>	MWF: 10:00-10:55	\$25/month	(TP)
Instructor:	Elizabeth Johnston		
This water class includes different variations of movements to improve heart health, coordination, balance and strength.			

»Please shower before entering the pool.

»Pool shoes are required on decks and in locker rooms.

»Lane sharing is necessary and expected. Please socially distance and be courteous!