

## August 2022 - Activity Pool Schedule (84 Degrees)

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
7:00 - 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	<b>Hydro Fit Noodle Workout</b>	<b>SilverSneakers® Splash</b>	<b>Hydro Fit Noodle Workout</b>	<b>SilverSneakers® Splash</b>	<b>Hydro Fit Noodle Workout</b>
11:30 - 12:25	<b>SilverSneakers® Splash</b>	Open Swim	<b>SilverSneakers® Splash</b>	Open Swim	<b>SilverSneakers® Splash</b>
1:00 - 1:45	<b>Aqua Zumba</b>	Open Swim	<b>Aqua Zumba</b>	Open Swim	Open Swim
1:45 - 3:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00 - 7:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

## August 2022 - Therapy Pool Schedule (90 degrees)

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
7:00 - 7:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
7:30 - 8:25	<b>Joints in Motion</b>	Open Swim	<b>Joints in Motion</b>	Open Swim	<b>Joints in Motion</b>
8:30 - 9:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
9:00 - 9:55	<b>Joints in Motion</b>	Open Swim	<b>Joints in Motion</b>	Open Swim	<b>Joints in Motion</b>
10:00 - 10:55	<b>Water Aerobics</b>	Open Swim	<b>Water Aerobics</b>	Open Swim	<b>Water Aerobics</b>
11:00 - 2:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
2:00 - 3:00	<b>Open Volleyball</b>	<b>Open Volleyball</b>	<b>Open Volleyball</b>	<b>Open Volleyball</b>	<b>Open Volleyball</b>
3:00 - 4:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:00 - 4:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:30 - 5:25	Open Swim	<b>Water Aerobics</b>	Open Swim	<b>Water Aerobics</b>	Open Swim
5:30 - 7:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim

**Saturday Hours: 8:00 AM - 12:00 PM OPEN SWIM**

**Registration is required for all classes.**

Please see other side for additional class information and description.

### FREE CLASSES

The last 5 business days of each month is  
**FREE WEEK! Try it out to see if you like it!**

## Class Descriptions

AP=Activity Pool TP=Therapy Pool

**Aqua Zumba®** M/W: 1:00 -1:45 *New Time* \$25/month (AP)

**Instructor:** Taeko Coslett

Integrating the Zumba® 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, exhilarating, and body-toning.

**Hydro Fit Noodle Workout** MWF: 10:30 - 11:25 \$25/month (AP)

**Instructor:** Joetta Schork

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.

**Joints In Motion** MWF: 7:30 - 8:25, MWF: 9:00 - 9:55, \$25/month (TP)

**Instructor:** Joetta Schork

Exercise to enhance flexibility, balance, posture, range of motion, coordination, as well as increase circulation.

**SilverSneakers® Splash** MWF: 11:30 - 12:25, \$25/month T/TH: 10:30-11:25, \$20/month (AP)

**Instructors:** MWF: Vicky 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.

**Water Aerobics** MWF: 10:00-10:55, \$25/month T/TH: 4:30-5:25, \$25/month (TP)

**Instructor:** MWF: Elizabeth Johnston T/TH: Moyer/Copeland

This water class includes different variations of movements to improve heart health, coordination, balance, and strength.

**Open Volleyball** - Free play of hitting a beach ball around in the Therapy Pool. Open to anyone. No registration required.

»Please shower before entering the pool.

»Lane sharing is necessary and expected.

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

»Please socially distance and be courteous!