

JUNE 2021 Activity Pool Schedule

	<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	1/2 Open / 1/2 Lap	SilverSneakers Splash	1/2 Open / 1/2 Lap	SilverSneakers Splash	1/2 Open / 1/2 Lap
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

JUNE 2021 Therapy Pool Schedule

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
8:00 - 6:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim

No registration is required for June classes. **These classes are open and free to all members for June only.**
Please socially distance in the pools.

Additional classes will start in July and will be added throughout the summer.
Please let us know what classes you would like to see on the calendar.

Starting in July: 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. Registration will be required in July.

Class Descriptions

SilverSneakers Splash

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 is used to develop strength, balance, and coordination.

Silver & Fit Aqua Zumba

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 class is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

»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!