

March 2023 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	Hydro Fit Noodle Workout	SilverSneakers® Splash	Hydro Fit Noodle Workout	SilverSneakers® Splash	Hydro Fit Noodle Workout
11:35 - 12:30	SilverSneakers® Splash	Open Swim	SilverSneakers® Splash	Open Swim	SilverSneakers® Splash
12:50 - 1:45	Aqua Zumba	Open Swim	Aqua Zumba	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

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	Joints in Motion	Open Swim	Joints in Motion	Open Swim	Joints in Motion
8:30 - 9:00	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 - 2:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
2:00 - 3:00	Open Volleyball	Open Volleyball	Open Volleyball	Open Volleyball	Open Volleyball
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	Water Aerobics	Open Swim	Water Aerobics	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: 12:50 -1:45 \$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 class is cardio-conditioning, exhilarating, and body-toning. Free to Silver & Fit members.

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: 11:35 - 12:30, \$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. Free to SilverSneakers members.

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!