

FEBRUARY 2021

POOL SCHEDULE

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM-8:30AM FREE SWIM	6:00AM-11:00AM FREE SWIM	6:00AM-8:30AM FREE SWIM	6:00AM-11:00AM FREE SWIM	6:00AM-8:30AM FREE SWIM	7:30AM-2:30PM FREE SWIM
8:30-9:15AM AQUA FIT -Sussy/Melissa	FREE SWIM	8:30-9:15AM AQUA FIT -Rotation	FREE SWIM	8:30-9:15AM AQUA FIT -Laura	FREE SWIM
9:45-10:30AM Aqua Aerobics -Sussy/Melissa	FREE SWIM	9:45-10:30AM Aqua Aerobics -Rotation	FREE SWIM	9:45-10:30AM Aqua Aerobics -Laura	FREE SWIM
	11:00-11:45AM Fluid Motion -Lynn		11:00-11:45AM Fluid Motion -Lynn		
10:30-7:30PM FREE SWIM	11:45-7:30PM FREE SWIM	10:30-7:30PM FREE SWIM	11:45-7:30PM FREE SWIM	10:30-7:30PM FREE SWIM	
	5:45-6:30PM WATER FIT -Lisa				

Monday through Thursday
from 3:15-6:30pm
Two lanes will be reserved
for swimming lessons only.

CLASS FITNESS LEVELS:

- ALL FITNESS LEVELS
- LAPS/RECREATIONAL SWIMMING

CLASS DESCRIPTIONS BY FITNESS LEVEL

Aqua Aerobics: Use water's natural resistance to improve cardiovascular fitness & muscle tone. Join this Intervals style class that will challenge you for 45 minutes!

Aqua Fit: A muscle conditioning water class alternated with low to moderate aerobic training. Feel the music, sing along and have lots of fun! 45 minutes of great energy!

Water Fit: Develop cardiovascular endurance while having fun! Modifications make this a perfect class for any fitness level. Travel to the deep water as well. Great combination!

Fluid Motion: Take a plunge and try this low impact workout that builds muscle strength and boosts your endurance. It's fun, and it can be as challenging as you like.

AQUATICS INFORMATION & PROCEDURES

- **Two lanes will be always reserved for lap swimming.**
- **NO reservations for our water classes. First come first serve, max occupancy is 15 people.**
- **Please maintain Social Distance during your visit to the pool.**
- **Mask must be worn during anytime you are out the water.**
- **During Aqua Aerobics class, there will be ONLY 2 lanes available for lap swimming only.**
- **During swimming lessons two lanes will be reserved for lessons only.**
- ****Four lanes will be available to membership.**
- **For additional questions about swimming lessons, please contact
Wes Woodbery at 828-452-8056 or e-mail Wesley.woodbery@haymed.org**