

JANUARY 2021

POOL SCHEDULE

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM-8:30AM FREE SWIM	6:00AM-12:00PM FREE SWIM	6:00AM-8:30AM FREE SWIM	6:00AM-12:00PM FREE SWIM	6:00AM-8:30AM FREE SWIM	7:30AM-2:30PM FREE SWIM
8:30-9:15AM AQUA FIT -Sussy	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	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		
2:00-3:00PM FREE SWIM	2:00-5:45PM FREE SWIM	2:00-3:00PM FREE SWIM	2:00-3:00PM FREE SWIM		
3:15-5:15PM SWIM TEAM **Pool is closed		3:15-5:15PM SWIM TEAM **Pool is closed	3:15-5:15PM SWIM TEAM **Pool is closed		
3:15-5:15PM SWIM TEAM **Pool is closed		3:15-5:15PM SWIM TEAM **Pool is closed	3:15-5:15PM SWIM TEAM **Pool is closed		
	5:45-6:30PM WATER FIT -Lisa		5:45-6:30PM WATER FIT -Rotation		

*FREE SWIM:
Laps, family time, your own workout, etc.

CLASS FITNESS LEVELS:

- ALL FITNESS LEVELS
- LAPS/RECREATIONAL SWIMMING
- TUSCOLA SWIM TEAM

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



1. Two lanes will be always reserved for lap swimming.
2. Additional 4 lanes will be available for recreational swimming like family time, laps swimming, aqua aerobics, etc.
3. NO reservations for our water classes. First come first serve, max occupancy is 12 people.
4. Please maintain Social Distance during your visit to the pool.
5. Mask must be worn during anytime you are out the water.
6. During class time there will be ONLY 2 lanes available for lap swimming only.