
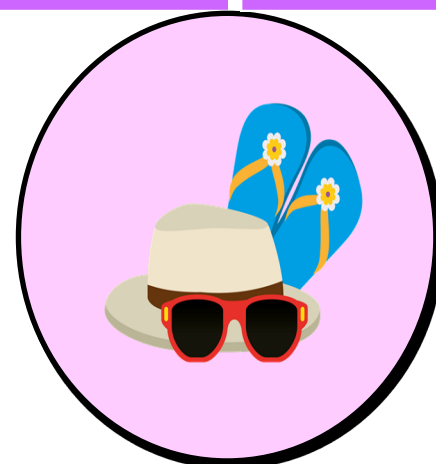


July

POOL SCHEDULE



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00AM-8:15AM OPEN SWIM	6:00AM-7:00AM OPEN SWIM	6:00AM-8:15AM OPEN SWIM	6:00AM-10:45AM OPEN SWIM	6:00AM-8:15AM OPEN SWIM	7:30AM-4:00PM OPEN SWIM
During All Classes. Two LAP LANES WILL BE AVAILABLE FOR LAP SWIMMING.					
8:30-9:15AM AQUA FIT -Rotation	7:00-8:00AM SILVER FINS (Lanes #1&2)	8:30-9:15AM AQUA FIT -Rotation	8:30AM-12:00PM SWIM LESSONS Occupy 1-2 lanes	8:30-9:15AM AQUA FIT -Laura	
9:30-10:15AM Water Blast! -Rotation	8:30AM-12:00PM SWIM LESSONS Occupy 1-2 lanes	9:30-10:15AM Water Blast! -Rotation	8:30AM-12:00PM SWIM LESSONS Occupy 1-2 lanes	9:30-10:15AM Water Blast! -Laura	
10:30-11:15AM DEEP WATER -Rotation		10:30-11:15AM DEEP WATER -Debbie	10:00-10:30 Little Hatchlings 	10:30-11:15AM DEEP WATER -Rotation	
	11:00-11:45AM Fluid Motion -Lynn	OPEN SWIM	11:00-11:45AM Fluid Motion -Rotation	11:15AM-7:00PM OPEN SWIM	
11:15AM-3:15PM OPEN SWIM	1:30PM-3:30PM Therapy Patients (Occupies 1 lane)	1:30PM-3:30PM Therapy Patients (Occupies 1 lane)	1:30PM-3:30PM Therapy Patients (Occupies 1 lane)	Birthday Party Reservations 7:00PM-8:00PM	Birthday Party Reservations 4:00PM-5:00PM
3:15PM-6:00PM SWIM LESSONS Occupy 1-2 lanes		3:15PM-6:00PM SWIM LESSONS Occupy Lanes 1-2			
6:00PM-8:00PM Open Swim	5:45-6:30PM SPLASH -Lisa		5:45-6:30PM SPLASH - Elisabeth		
	6:30PM-8:00PM Open Swim	6:30PM-8:00PM Open Swim	6:30PM-8:00PM Open Swim		



HAYWOOD
REGIONAL HEALTH & FITNESS CENTER

CLASS DESCRIPTIONS BY FITNESS LEVEL

WATER BLAST!: 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!

INTO THE DEEP: A challenging workout in the deep part of the lap pool, combining cardio and resistance training. Methods of interval training, TABATA and more are used to create fun and effective workouts! Sweat and get a great workout!

SPLASH: Develop cardiovascular endurance while having fun! Modifications make this a perfect class for any fitness level. 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.

***During regular Aqua Aerobics Classes, only 1 or 2 lanes will be available for swim laps.**

***Lanes availability: First come, first served.**