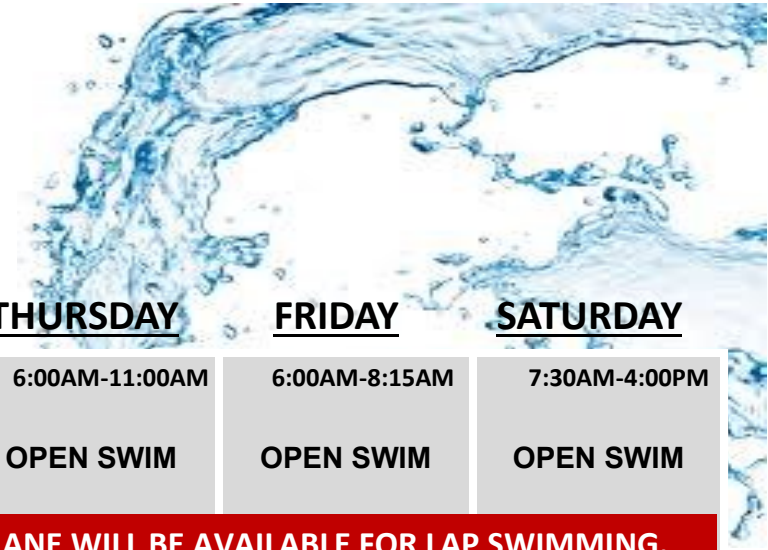




OCTOBER

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-11:00AM OPEN SWIM	6:00AM-8:15AM OPEN SWIM	6:00AM-11:00AM OPEN SWIM	6:00AM-8:15AM OPEN SWIM	7:30AM-4:00PM OPEN SWIM
During AQUA FIT & WATER BLAST classes. ONE LAP LANE WILL BE AVAILABLE FOR LAP SWIMMING.					
8:30-9:15AM AQUA FIT -Rotation		8:30-9:15AM AQUA FIT -Rotation		8:30-9:15AM AQUA FIT -Laura	
9:30-10:15AM <i>Water Blast!</i> -Rotation		9:30-10:15AM <i>Water Blast!</i> -Rotation		9:30-10:15AM <i>Water Blast!</i> -Laura	
10:30-11:15AM INTO THE DEEP -Rotation	11:00-11:45AM Fluid Motion -Sussy	10:30AM-3:15PM OPEN SWIM	11:00-11:45AM Fluid Motion -Nancy	10:30-11:15AM INTO THE DEEP -Rotation	
11:15AM-3:15PM OPEN SWIM	4:00PM-6:00PM Therapy Patients (Occupies one lane)	12:30PM-5:00PM Therapy Patients (Occupies one lane)	4:00PM-6:00PM Therapy Patients (Occupies one lane)	12:30P-5:00PM Therapy Patients (Occupies one lane)	
3:15P-6:30PM SWIMMING LESSONS	3:15P-6:30PM SWIMMING LESSONS	3:15P-6:30PM SWIMMING LESSONS	3:15P-6:30PM SWIMMING LESSONS	Birthday Party Reservations 7:00PM-8:00PM	Birthday Party Reservations 4:00PM-5:00PM
	5:45-6:30PM SPLASH -Lisa	5:45PM-6:15PM LITTLE HATCHLINGS -Nancy	5:45-6:30PM SPLASH -Elisabeth		
6:30-8:00PM OPEN SWIM	6:45PM-7:30PM Tiny Turtles -Amy	6:30PM-8:00PM OPEN SWIM	6:30-8:00PM OPEN SWIM		

Monday through Friday
 from 3:30PM—6:30PM
 Swim lessons can occupy as many as THREE swim lanes.
 Other swim lanes will still be available.



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.