

JULY SWIM LANE SCHEDULE



MONDAY

Times	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00-9:15 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
9:15-10:00 a.m.	Lap Swim	Cardio & Strength: Sarah				
10:30-11:15 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Gentle Water: Evelyn	
11:15 a.m.-1:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
3:30-6:00 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
6:00-7:00 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Cardio & Strength: Kelsey	
7:00-7:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk

TUESDAY

Times	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00-7:00 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
7:00-7:45 a.m.	Lap Swim	Lap Swim	Lap Swim	Cardio & Strength: Sarah		
7:45-9:15 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
9:15-10:00 a.m.	Lap Swim	Noodle Fit: Daphne				
10:00 a.m.-1:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
3:30-7:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk

WEDNESDAY

Times	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00-9:15 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
9:15-10:00 a.m.	Lap Swim	Boot Camp: Kelsey				
10:30-11:15 a.m.	Lap Swim	Lap Swim	Water Arthritis: Debbie			
11:15 a.m.-1:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
3:30-6:00 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
6:00-6:45 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Cardio & Strength: Kelsey	
6:45-7:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk

THURSDAY

Times	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00-9:15 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
9:15-10:00 a.m.	Lap Swim	Cardio & Strength: Sarah				
10:00 a.m.-1:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
3:30-7:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk

FRIDAY

Times	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00-9:15 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
9:15-10:00 a.m.	Lap Swim	Cardio & Strength: Daphne				
10:30-11:15 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Gentle Water: Evelyn	
11:15 a.m.-1:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
3:30-6:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk

SAT.

Times	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00-10:30 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
10:30-11:15 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Cardio & Strength: Kelsey	
11:15 a.m.-3:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
** Family Swim will be available from 1:00-3:00 p.m. in the small pool.**						

SUN.

Times	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00-3:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Aqua Walk
** Family Swim will be available from 1:00-3:00 p.m. in the small pool.**						

WATER FITNESS CLASS DESCRIPTIONS



 = WATER FITNESS CLASS (in blue boxes on the lane schedule)

Water Fitness – Aqua Bootcamp:

This challenging class will exercise your whole body! Bootcamp will offer both cardiovascular and muscular components while utilizing both ends (shallow and deep) of the pool. Variety of exercises and tools will be used in this class.

Water Fitness – Cardio & Strength:

Participants will experience the perfect combination of strength and cardio. The instructor will lead you through intervals of cardiovascular and strength exercises utilizing different equipment such as water weights and noodles. Suitable for all fitness levels.

Water Fitness – Deep Water:

Designed for individuals seeking a non-impact, deep water exercise program. It emphasizes joint flexibility, range of motion and muscle toning through specific exercises. Participants must be comfortable in deep water, flotation belts provided. Suitable for all fitness levels.

Water Fitness – Tabata:

This high intensity, low impact workout will focus on cardiovascular development through various water exercises, using interval training. Participants will stay in the shallow end of the pool. Suitable for all fitness levels.

Water Fitness – Water Arthritis & More:

Zero impact class that is gentle on joints and improves range of motion. This water exercise class, designed for those with arthritis or similar conditions, emphasizes good body mechanics, joint stability, and utilizes the buoyancy of the water to reduce stress on the bones. Water weights are used for resistance when possible.