

# Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	<b>GHS practice until 6:15am LAP SWIM</b>	<b>GHS practice until 6:15am LAP SWIM</b>	<b>GHS practice until 6:15am LAP SWIM</b>	<b>GHS practice until 6:15am LAP SWIM</b>	<b>GHS practice until 6:15am LAP SWIM</b>	<b>OPENS AT 7:00 am</b>	
7:00						Mobjack Marlins Swim Team 7:00-8:15	<b>OPEN/ LAP SWIM</b>
8:00	Aqua Fitness 8:15-9:15 🧘	Ai Chi 8:15-9:00 🧘	Aqua Fitness 8:15-9:15 🧘	LAP SWIM	Aqua Fitness 8:15-9:15 🧘	<b>Swim Lessons 8:00 -12</b>	
9:00	Aqua Fitness 9:15 -10:15	Aqua Fitness 9:15 -10:15	Aqua Fitness 9:15 -10:15	Aqua Fitness 9:15 -10:15	Aqua Fitness 9:15-10:15		
10:00	<b>OPEN SWIM 10:15-10:45</b>	<b>Home School Swim Lessons 10:30 -12:20</b>	<b>OPEN SWIM 10:15-10:45</b>	<b>Grand kids Swim Lessons 10:30 - 11:15</b>	<b>OPEN SWIM 10:15-10:45</b>		
11:00	Aqua Arthritis 10:45 -11:45		Aqua Arthritis 10:45 -11:45		Aqua Arthritis 10:45 -11:45		
12:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	<b>OPEN/ LAP SWIM</b>	
1:00							
2:00	<b>Ware Academy Swim Lessons 2:00-2:45</b>						
3:00	<b>Montessori School Swim Lessons 3:00-3:45</b>			<b>CMTI 1-3pm February 2 February 9 March 15 March 22</b>			
4:00	<b>Swim Lessons 4:00- 6:50</b>	Aqua Fitness 4:30-5:30	<b>Swim Lessons 4:00 -6:50</b>		Aqua Fitness 4:30-5:30	<b>OPEN/ LAP SWIM</b>	
5:00		LAP SWIM		LAP SWIM	Aqua Fitness/ Zumba™ <b>Alternating Basis 4:15-5:15</b>		
6:00		LAP SWIM		LAP SWIM	<b>Adult Swim Lessons 6:00 - 6:50</b>		
7:00		Aqua Fitness 7:00-8:00		Mobjack Marlins Swim Team 7:00-8:30	Aqua Fitness 7:00-8:00		Mobjack Marlins Swim Team 7:00-8:30
8:00	<b>OPEN/ LAP SWIM</b>	<b>OPEN/ LAP SWIM</b>	<b>OPEN/ LAP SWIM</b>	<b>OPEN/ LAP SWIM</b>	<b>OPEN/ LAP SWIM</b>	<b>OPEN/ LAP SWIM</b>	
9:00							
10:00	<b>POOL CLOSSES AT 9:45 PM</b>				<b>POOL CLOSSES AT 8:45 PM</b>		

Because of program sizes, some hours have limited lap lanes available (1 or 2 lanes). If the program turnout is larger or smaller than expected, lane space will be adjusted accordingly if available. There are at least 2 lanes available where there are no lane restrictions for programs.

### Class Key

**AQUA FITNESS:** This class includes a 20 minute cardiovascular conditioning segment along with muscular strengthening exercises. This class is at the beginning to intermediate level.

**AQUA ARTHRITIS:** A series of strengthening and range of motion exercises. All course material and pool facilities have been approved by the National Arthritis Foundation.

**AI CHI:** Water exercise and relaxation program using a combination of deep breathing and slow movements.

**AQUA ZUMBA™:** A fusion of Latin and International music with a series of easy to follow dance routines in the pool.



**Nursery not available at these times**

### GUIDELINES FOR AQUA EXERCISE

- Must be at least 13 years old to participate in group exercise classes.

- Anyone with physical limitations or medical restrictions should consult their physician and notify the instructor before participating in any group exercise class.
- Be aware of all pool rules.