



# Winter Pool Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Lap Swimming</b>	<b>5:30a – 8:45a</b> <i>(3 lanes)</i> <b>10:00a-2:45p</b> <i>(2-3 lanes)</i> <b>4:00-7:45p</b> <i>(2-3 lanes)</i>	<b>5:30a – 9:00a</b> <i>(3 lanes)</i> <b>10:15-2:45p</b> <i>(2-3 lanes)</i> <b>4:00-6:00p</b> <i>(2-3 lanes)</i>	<b>5:30a – 10:15a</b> <i>(3 lanes)</i> <b>11:30a-2:45p</b> <i>(2-3 lanes)</i> <b>4:00p-5:15p</b> <i>(1 lane)</i> <b>6:30-8:00p</b> <i>(2-3 lanes)</i>	<b>5:30a – 9:00a</b> <i>(3 lanes)</i> <b>10:15-2:45p</b> <i>(2-3 lanes)</i> <b>4:00-6:00p</b> <i>(3 lanes)</i>	<b>5:30a – 8:45a</b> <i>(3 lanes)</i> <b>10:00a-2:45p</b> <i>(2-3 lanes)</i> <b>4:00- 6:30p</b> <i>(2-3 lanes)</i>	<b>7:00a - 12:30p</b> <i>(2-3 lanes)</i>	<b>7:00a - 12:30p</b> <i>(2-3 lanes)</i>
<b>**Reservation Lap Swim</b> <i>**Must sign up through MindBody</i>	<b>3:00-3:30p</b> Or <b>3:30-4:00p</b> <i>(3 lanes)</i>	<b>3:00-3:30p</b> Or <b>3:30-4:00p</b> <i>(3 lanes)</i>	<b>3:00-3:30p</b> Or <b>3:30-4:00p</b> <i>(3 lanes)</i>	<b>3:00-3:30p</b> Or <b>3:30-4:00p</b> <i>(3 lanes)</i>	<b>3:00-3:30p</b> Or <b>3:30-4:00p</b> <i>(3 lanes)</i>		
<b>*Open Family Swim</b>			7:00-8:00p <i>LTS pool</i>		6:00-7:00p <i>LTS Pool</i>		1:00-2:00p <i>LTS Pool</i>
<b>WATER AEROBICS</b>	9:00-9:45a <b>H2O Go!</b>	9:15-10:00a <b>H2O Go!</b>	10:30-11:15a <b>H2O Go!</b>  5:30-6:15p <b>H2O Go!</b>	9:15-10:00a <b>H2O Go!</b>	9:00-9:45a <b>H2O Go!</b>		

\*Must be added to Swim Lessons or Fitness Membership

Updated 1/2/22 (Schedule Subject to Change)

## **FAMILIES AND MEMBERS**

Here are a few guidelines that have been put in place to keep our staff and you safe while enjoying the pools.

We encourage you to:

1. Please come dressed and ready for the pool.
2. Limit the belongings you bring into the facility.
3. Showers on deck will be available and we encourage all members to shower before entering the pool.

## **RESERVATION LAP SWIM**

These specific times are reserved for high risk or immune compromised members, or those living with someone who is. Times available are Monday through Friday 3:00-3:30pm or 3:30-4:00pm. Reserve your spot through MindBody or by stopping by the front desk.

## **AQUA ZUMBA**

Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® “pool party,” the Aqua Zumba® program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that’s cardio-conditioning, body-toning and, most of all, exhilarating beyond belief.

## **H2O GO!**

These beginner through intermediate classes are taught by AEA Training Specialists and is designed to target muscles, equipment and movement; techniques for altering intensity in an easy-to-understand format. Exercising in the water conditions the heart, lungs and muscles while protecting your joints, burning calories and having fun. Water exercises can help control blood pressure, relieve stress and improve balance and flexibility. Beginner, intermediate and advanced exercisers are all welcome to attend. All participants are encouraged to work at a level that matches his or her abilities. No swimming skills are needed.

## **OPEN FAMILY SWIM**

Add Open Family Swim onto your fitness membership or swim lessons, something fun for the whole family. Spend the evening or afternoon together or parents go enjoy a workout! Children ages 6+ can swim on their own if they pass a swim safety test. This is a great opportunity for children to practice everything they’ve learned from their swim lessons. Please sign up each swimmer for desired swim time at the front desk. Limited space available.

*\$25.00/ month for the 1<sup>st</sup> child | \$15.00/month for each additional child*