

# INDOOR POOL SCHEDULE JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:45a-6:45a	LAP SWIM 5:45a-6:45a	LAP SWIM 5:45a-6:45a	LAP SWIM 5:45a-6:45a	LAP SWIM 5:45a-6:45a	LAP SWIM 8:00a-10:00a	LAP SWIM 2:00p-3:30p
WATER WALKING <i>First 2 lanes by stairs</i> LAP SWIM <i>Last 2 lanes</i> 6:45a-7:30a	WATER WALKING <i>First 2 lanes by stairs</i> LAP SWIM <i>Last 2 lanes</i> 6:45a-7:30a	WATER WALKING <i>First 2 lanes by stairs</i> LAP SWIM <i>Last 2 lanes</i> 6:45a-7:30a	WATER WALKING <i>First 2 lanes by stairs</i> LAP SWIM <i>Last 2 lanes</i> 6:45a-7:30a	WATER WALKING <i>First 2 lanes by stairs</i> LAP SWIM <i>Last 2 lanes</i> 6:45a-7:30a		
WATER WALKING 7:30a-8:30a	WATER WALKING 7:30a-8:30a	WATER WALKING 7:30a-8:30a	WATER WALKING 7:30a-8:30a	WATER WALKING 7:30a-8:30a		
<u>WATERGYM</u> <i>Kay</i> 8:30a-9:30a	<u>AQUA FIT</u> <i>Lydia</i> 8:30a-9:30a	<u>WATERGYM</u> <i>Kay</i> 8:30a-9:30a	<u>AQUA FIT</u> <i>Lydia</i> 8:30a-9:30a	<u>WATERGYM</u> <i>Kay/Lydia</i> 8:30a-9:30a		
<u>ARTHRITIS-FIBRO</u> <i>Kay</i> 9:30a-10:30a	WATER WALKING 9:30a-10:30a	<u>ARTHRITIS-FIBRO</u> <i>Kay</i> 9:30a-10:30a	WATER WALKING 9:30a-10:30a	<u>ARTHRITIS-FIBRO</u> <i>Kay</i> 9:30a-10:30a		
LAP SWIM 10:30a-12:15p	LAP SWIM 10:30a-12:15p	LAP SWIM 10:30a-12:15p	LAP SWIM 10:30a-12:15p	LAP SWIM 10:30a-12:15p	WATER WALKING 10:00a-12:00p	FAMILY SWIM *Parent MUST Accompany anyone under 14 <i>Far Lane Lap Swim</i> 12:00p-3:00p
Perfect Balance Aquatic Physical Therapy ---Shallow End--- WATER WALKING --DEEP END ONLY-- 12:15p-1:15p	WATER WALKING 12:15p-2:00p	Perfect Balance Aquatic Physical Therapy ---Shallow End--- WATER WALKING --DEEP END ONLY-- 12:15p-1:15p	WATER WALKING 12:15p-2:00p	WATER WALKING 12:15p-2:00p		
WATER WALKING 1:15p-2:00p	LAP SWIM 2:00p-4:00p	WATER WALKING 1:15p-2:00p	LAP SWIM 2:00p-4:00p	LAP SWIM 2:00p-4:00p	LAP SWIM 2:00p-4:00p	FAMILY SWIM *Parent MUST Accompany anyone under 14 <i>Far Lane Lap Swim</i> 12:00p-3:00p
LAP SWIM 2:00p-4:00p		LAP SWIM 2:00p-4:00p				
Bearacuda Swim Club & White Squirrel Swim Team 4:00p-6:00p	Bearacuda Swim Club & White Squirrel Swim Team 4:00p-6:00p	Bearacuda Swim Club & White Squirrel Swim Team 4:00p-6:00p	Bearacuda Swim Club & White Squirrel Swim Team 4:00p-6:00p	FAMILY SWIM *Parent MUST Accompany anyone under 14 <i>Far Lane Lap Swim</i> 4:00p-6:00p	PARTY RENTAL 3:00p-5:00p	FAMILY SWIM *Parent MUST Accompany anyone under 14 <i>Far Lane Lap Swim</i> 3:30p-5:30p
FAMILY SWIM *Parent MUST Accompany anyone under 14 5:00p-6:00p 7:00p-8:00p ---Two lanes by stairs---	FAMILY SWIM *Parent MUST Accompany anyone under 14 5:00p-8:00 ---Two lanes by stairs---	FAMILY SWIM *Parent MUST Accompany anyone under 14 5:00p-6:00p 7:00p-8:00p ---Two lanes by stairs---	FAMILY SWIM *Parent MUST Accompany anyone under 14 5:00p-8:00p ---Two lanes by stairs---			
<u>AQUA FIT II</u> <i>(deep &amp; shallow)</i> <i>Heather</i> 6:00p-7:00p	<u>Master Swim</u> <u>Workout Board</u> 6:00p-7:30p ---Three Lanes by Parking Lot---	<u>WATER AEROBICS</u> <i>Anne Marie</i> 6:00p-7:00p	<u>Master Swim</u> <u>Workout Board</u> 6:00p-7:30p ---Three Lanes by Parking Lot---	PARTY RENTAL 6:00p-8:00p		

**Arthritis/Fibro:** Low-impact aquatic exercise focusing on posture, strength, endurance, balance, range of motion and flexibility.

**AQUA FIT:** HIGH INTENSITY, fast-paced "complete" workout with total body conditioning. A great way to energize your day

**WATER GYM:** Is a vigorous, deep-water cardiovascular and aerobic exercise with emphasis on range of motion, strength, endurance and balance. Flotation belt (if you have one) or noodles will be provided.

**WATER AEROBICS:** HIGH INTENSITY, fast-paced workout with total body conditioning

**Lap Swim:** Swimming the length of the pool unassisted by flotation devices. Lappers @ 10:30 swim laps in a circular swim. Three lanes will divide swimmers into slow, medium & faster paces. Lanes are shared. Adults Only (some younger swimmers may be approved by Staff)

**Water Walking:** Sharing the pool for individual exercise needs. Adults Only (some younger swimmers may be approved by Staff)

**Bearacuda Swim Club/ White Squirrel Swim Team:** After School Swim Programs for kids. (Extra Fee)

**Family Swim:** Family Swim, Lap Swim, Water Walking- SHARE POOL (No Lifeguard on Duty)

**MASTER SWIM:** Masters Swim provides organized lap swim workouts for adults aged 18 and over. Programs are open to all adult swimmers who are dedicated to improving their fitness through lap swimming. Master Swim helps adult swimmers improve fitness and/or train for specific goals, and offers active support for a healthy lifestyle through friendship, and camaraderie.