

**Cox Health Fitness Center  
The Meyer Center**

# Warm Water Pool

September 13th—November 7th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.	Adult Open Swim 6—2 pm	Adult Open Swim 5—9 am	Adult Open Swim 5—11 am	Adult Open Swim 5—9am	Adult Open Swim 5—11 am	<b>*Joints in Motion</b> (45 min.)	<b>*Water Babies</b>
9:00 a.m.	↓	<b>REHAB</b>	↓	<b>REHAB</b>	↓	<b>REHAB</b>	<b>*8:45am Level 2 Swim Lesson</b>
10:00 a.m.	↓		↓		↓		<b>*Level 2 Swim Lesson</b>
10:45 a.m.	↓		↓		↓		<b>*Water Babies</b>
11:00 a.m.	↓		<b>REHAB</b>		<b>REHAB</b>		
11:30 a.m.	↓		↓		↓		<b>*Water Tots</b>
12:15 p.m.	↓		↓		↓		<b>*Level 1 Swim Lesson</b>
2:00 p.m.	Family Swim	↓	↓	↓	↓	↓	Family Swim
4:00 p.m.	↓	<b>*Joints in Motion</b> (45 min.)	↓	<b>*3:45 p.m. Aqua Pilates</b>	↓	<b>*Level 2 Swim Lessons</b>	↓
5:00 p.m.	↓	Adult Open Swim	<b>Unavailable until 5:15 p.m.</b>	<b>*4:45pm Level 2 Swim Lesson</b>	<b>Unavailable until 5:15 p.m.</b>	*4:30pm Adult Open Swim	↓
5:30 p.m.	↓	↓	Adult Open Swim	<b>*Level 1 Swim Lesson</b>	Adult Open Swim	Adult Open Swim	↓
6:15 p.m.	Family Swim—6:30	↓	↓	<b>*Water Babies</b>	↓	<b>*Intrmed. Water Tots</b>	Family Swim until 6:30
6:30 p.m.	Pool Closed	Family Swim 6:30-8:30 pm	↓		<b>*Prenatal Water Aerobics</b>	Family Swim 6:30-8:30pm	Pool Closed
7:00 p.m.		↓	Adult Open Swim until 10:30pm	<b>*Water Tots</b>	<b>*Water Tots</b>	↓	

- All registered and paid classes end November 7th.
- All free classes are on-going and will reset with the start of a new class session.

\*All paid classes require registration and are offered to CFC members and non-members. Each class has a minimum requirement of eight participants, with the exception of swim lessons.

\***Aqua Pilates** (1 hour)— This class is based on land Pilates exercises and muscle strengthening designed for the pool.

\***Prenatal Water Aerobics** (1 hour) – Class designed especially for expectant mothers. Includes cardiovascular endurance with basic toning and stretching. Safe for you and your baby! A physician's consent is required before participating in this program. 1/2 in lap pool, 1/2 in warm water pool.

\***Joints in Motion** (45 minutes) - This is a slow moving class that will help you with flexibility, balance, and joint range of

**Water Babies** (30 minutes) – Swimming lessons for children ages 6–18 months. Introduces familiarity in the water and interaction with other children. \*\*One parent must accompany the child in the water.

**Water Tots** (30 minutes) \*\*One parent must accompany the child in the water.– Swimming lessons for children ages 19 months-3 years. Focuses on independence in the water, basic swimming skills and pool safety.

**Intermediate Water Tots** (30 minutes) - For children and parents who have taken our Water Tots class and are ready to learn the next steps. Children must be 3 years old, have already taken Water Tots three times, or have instructor permission.

**Level 1 Swim Lessons** (30 minutes) – Introduces independence in the water, buoyancy, breathing and motion. Educates children on water safety and pool rules.

**Level 2 Swim Lessons** (30 minutes) – Helps children develop basic stroke, buoyancy and lifesaving skills.

**Private Swim Lessons** (30 minutes)

Designed for those who want individual attention or for families with busy schedules. Goals will be established for each individual. Available to members and non-members, ages 18 months up to adults. **Appointments will be held at any time and even during Adult Open Swim, in either both the lap pool or warm water pool.** Please check with the front desk or contact our Aquatics Coordinator at 269-5384 for rates and appointment times.

**Adult Open Swim** – Any member of the facility 12 years of age and older may use the pool for general exercise.

Lifeguard is not on duty. **Children can be allowed in any pool, ages 18 mo. and up, for private swim lessons only.**

**Family Swim** – All families are welcome to use the pool. Children under the age of 12 must be directly supervised by parent. A lifeguard is on duty, but parents with children under 7 years of age must be *in* the pool providing close supervision with the children at all times.

