

Lap Pool Aquatic Schedule

July 12th - September 5th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.	6am Lap Swim	Aquacise	Sculpt & Splash	Aquacise	8:30 a.m. Sculpt & Splash	Aquacise	*8:30 a.m. Level 4 Swim Lessons
9:00 a.m.	Adult Open swim Ages 12 & Up	Aquacise	Aquacise	Aquacise		Aquacise	*9:15 a.m. Level 3 Swim Lessons
10:00 a.m.		Deep Water Workout	Aquatics for Arthritis (45 min.)	Deep Water Workout	Aquatics for Arthritis (45 min.)	Deep Water	Adult Open Swim
11:00 a.m.		Adult Open Swim	Adult Open Swim/ Lap Swim	Adult Open Swim	AquaGrooves	Adult Open Swim/ Lap Swim	
12:00 p.m.		Mid-Day Water Workout (45 min.)	Adult Open Swim/ Lap Swim (11 - 5 pm)	Mid-Day Water Workout (45 min.)	Adult Open Swim/ Lap Swim (11 - 5 pm)		
12:15 p.m.		Continued...		Continued...			
1:00 p.m.		Adult Open Swim/ Lap Swim		Adult Open Swim/ Lap Swim			
2:00 p.m.	Family Swim						Family Swim
4:30p.m.							
5:00 p.m.			Power Aquacise Express (30 min.)	Aqua Running (30 min.)	Power Aquacise Express (30 min.)		
5:30 p.m.		H2O Jump (30 min.)	Power Sculpt Express (30 min.)	Aqua Boot Camp	Power Sculpt Express (30 min.)	*Level 3 Swim Lessons	
6:00 p.m.		Aqua Ab Blast (15 min.)	Aquagrooves Express (30 min.)	Continued...	*Prenatal Water Aerobics	Adult Open Swim	
6:30 p.m.	Pool Closed	Family Swim (6:30 pm - 8:30 pm)	*Adult Swim Lessons	Family Swim (6:30 pm - 8:30 pm)	Adult Open Swim (6:30 - 10:30 pm)	Family Swim (6:30 pm - 8:30 pm)	Pool Closed
7:00 p.m.			Continued...				
7:30 p.m.			Adult Open Swim (7:30 - 10:30 pm)				

Lap Swim: Monday through Friday, 5 - 8 a.m. & 1 - 5 p.m. Saturday and Sunday, 6 - 9 a.m. **At least two lanes are available at all times for lap swim.**

All classes are offered for one hour unless otherwise denoted. Classes and instructors are subject to change at any time.

***All paid classes** require registration and are offered to CFC members and non-members. * Requires additional Fees. All our classes are offered once/week. Classes that are offered once a week are \$25.00 for CFC members and \$65.00 for non-members. Each class has a minimum requirement of eight participants, exception of children's swim lessons.

** These classes need registration. All classes are taught to varying levels of fitness. The instructor will demonstrate modifications to the exercise to increase/decrease the work. POOL CLOSES ONE HALF HOUR BEFORE FACILITY CLOSSES.

- All registered and paid classes end September 5th.
- All free classes are on-going and will reset with the start of a new class session.

Low Intensity

Aquatics for Arthritis (45 minutes) – Class is designed for those with arthritis, fibromyalgia, or other joint and muscle conditions. Exercises are specific for improving range of motion, muscular strength and endurance.

***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 physicians consent is required before participating in this program. 1/2 in lap pool, 1/2 in warm water pool.

Medium Intensity

Aquacise (1 hour) – A total body workout that incorporates cardiovascular endurance, toning and flexibility.

Aqua Boot Camp (1 hour) - If you like traditional land boot camp exercises, try this class that brings it to water!

Aqua Running (30 minutes) - 30 minutes of running interval workouts in the water. Great for off-season running or for the injured athlete. Appropriate for all levels of fitness.

Aquagrooves (1 hour) - Upbeat Latin dance music and moves all in the water! This one hour class is welcome to all fitness levels.

Deep Water Workout (1 hour) – A full-body workout that utilizes flotation devices to help minimize impact on the ground while increasing your work intensity against water and improving core balance and cardiovascular health.

Aqua Ab Blast (15 minutes) – Abdominal workout in the water.

Mid-Day Water Workout (45 minutes)—Incorporates effective toning exercises with added resistance by use of water barbells and noodles to firm and strengthen all parts of the body.

Sculpt & Splash (1 hour) - Medium to high impact water aerobics that use cardio and weights to create a high metabolism boost.

High Intensity

Power Aquacise Express (30 minutes) - Energizing cardiovascular exercises. This class focuses mainly on cardiovascular fitness and endurance.

Power Sculpt Express (30 minutes) - This 30 min class is geared for participates who want to have a healthy core, back, arms and legs all by using water weights and noodles.

H2O Jump (30 minutes) – A high intensity class that uses plyometrics, including jumping and bursts of energy to build strength, speed, agility and cardiovascular fitness.

Swim Lessons *require registration and payment

Level 3 (30 minutes) Helps refine basic strokes and introduces advanced strokes.

Level 4 (30 minutes) This class provides children with the skills to refine previously learned strokes and introduce competitive stroke and swimming for fitness.

Adult Swim Lessons (1 hour) - For any adult who has always wanted to learn how to swim. If you are not comfortable in the water or want to enhance your stroke, this class is for you!

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 in either both the lap pool or warm water pool. Please check with the front desk or call our Aquatics Coordinator at 269-5384 for rates and appointment times.

Adult Open swim– Ages 12 & up may swim. No classes in session at this time.

Family swim– Parents may bring in their children to swim during these designated times. Children 7 yrs. and under must be accompanied by parent/grandparent (in the water) for family swim times.

Call Member Services at 269-3282 for more information on these classes.

